



## Caramel-Banana Blintzes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



8 min.

SERVINGS



4

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 small bananas sliced
- 0.5 cup brown sugar light
- 1 teaspoon vanilla extract
- 0.3 cup water
- 4 basic blintzes
- 4 basic blintzes

### Equipment

- frying pan

## Directions

- Combine sugar and water in a small skillet; bring to a boil, stirring until sugar dissolves.
- Add banana and vanilla; cook 4 minutes or until thickened. Spoon banana mixture over blintzes.

## Nutrition Facts

**PROTEIN 1.48%** **FAT 0.95%** **CARBS 97.57%**

## Properties

Glycemic Index:13.69, Glycemic Load:5.59, Inflammation Score:-1, Nutrition Score:2.5973913054103%

## Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 152.32kcal (7.62%), Fat: 0.17g (0.26%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 37.31g (13.57%), Sugar: 32.96g (36.62%), Cholesterol: 0mg (0%), Sodium: 9.03mg (0.39%), Alcohol: 0.34g (100%), Alcohol %: 0.46% (100%), Protein: 0.58g (1.17%), Vitamin B6: 0.2mg (9.84%), Manganese: 0.16mg (7.81%), Potassium: 218.85mg (6.25%), Vitamin C: 4.39mg (5.33%), Fiber: 1.31g (5.25%), Magnesium: 16.38mg (4.09%), Copper: 0.06mg (2.77%), Folate: 10.38µg (2.59%), Calcium: 25.9mg (2.59%), Vitamin B2: 0.04mg (2.22%), Vitamin B5: 0.21mg (2.05%), Vitamin B3: 0.37mg (1.85%), Iron: 0.33mg (1.82%), Phosphorus: 12.27mg (1.23%), Selenium: 0.83µg (1.19%), Vitamin B1: 0.02mg (1.05%)