



Caramel-Banana Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 bananas divided
- 6 Tbsp butter divided
- 1 Tbsp calumet baking powder
- 25 caramels kraft
- 2 eggs
- 2 cups flour
- 2.3 cups milk divided
- 0.5 tsp salt

3 Tbsp sugar

Equipment

bowl

frying pan

ladle

whisk

microwave

Directions

Microwave 2 Tbsp. butter, caramels and 1/4 cup milk in small microwaveable bowl on HIGH 2 min. or until caramels are completely melted and mixture is well blended, stirring after each minute.

Mix flour, sugar, baking powder and salt in large bowl; set aside. Microwave remaining butter in medium microwaveable bowl on HIGH 30 sec. or until melted.

Add remaining milk and eggs; whisk until blended. Mash 1 banana.

Add to egg mixture; mix well.

Add to dry ingredients; stir until blended.

Ladle batter onto hot griddle or into hot skillet sprayed with cooking spray, using 1/4 cup batter for each pancake; cook until bubbles form on tops, then turn to brown other sides.

Slice remaining bananas.

Serve pancakes topped with sliced bananas and caramel sauce.

Nutrition Facts



Properties

Glycemic Index:55.61, Glycemic Load:42.53, Inflammation Score:-5, Nutrition Score:11.636521671129%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 423.89kcal (21.19%), Fat: 14.88g (22.89%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 66.19g (22.06%), Net Carbohydrates: 64.19g (23.34%), Sugar: 33.79g (37.55%), Cholesterol: 74.24mg (24.75%), Sodium: 492.19mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Vitamin B2: 0.42mg (24.48%), Selenium: 16.42µg (23.45%), Calcium: 231.42mg (23.14%), Vitamin B1: 0.33mg (22.31%), Phosphorus: 205.62mg (20.56%), Folate: 72.78µg (18.19%), Manganese: 0.34mg (17.13%), Vitamin B6: 0.25mg (12.73%), Vitamin B3: 2.27mg (11.35%), Iron: 1.97mg (10.96%), Potassium: 379.82mg (10.85%), Vitamin B12: 0.58µg (9.67%), Vitamin A: 478.16IU (9.56%), Vitamin B5: 0.91mg (9.15%), Magnesium: 34.31mg (8.58%), Fiber: 2g (7.99%), Vitamin D: 0.97µg (6.5%), Zinc: 0.86mg (5.71%), Vitamin C: 3.97mg (4.82%), Copper: 0.09mg (4.72%), Vitamin E: 0.6mg (4.02%), Vitamin K: 1.86µg (1.77%)