



Choc chip, peanut butter & banana pancake filling

READY IN



5 min.

SERVINGS



4

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

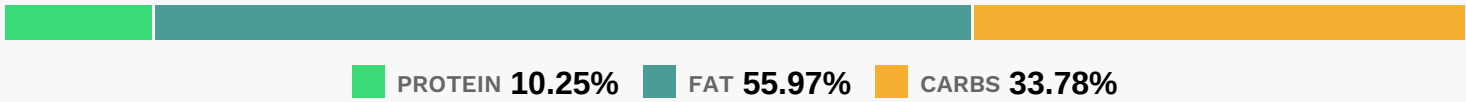
- ☐ 6 tbsp creamy peanut butter
- ☐ 2 tbsp powdered sugar
- ☐ 2 tbsp milk
- ☐ 50 g chocolate chip cookie mix
- ☐ 0.5 banana sliced
- ☐ 3 peanuts chopped

Equipment

Directions

- ☐ Prepare a warm batch of pancakes using one of our recipes (see 'Goes well with') or a ready-made pack of sweet pancakes.
- ☐ Mix the peanut butter with the icing sugar, milk and chocolate chips.
- ☐ Spread the choc-chip mix over pancakes. Top with the banana. Fold up and sprinkle with a few chopped peanuts, if you like.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:6.2773912976617%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 243.62kcal (12.18%), Fat: 15.94g (24.52%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 19.68g (7.16%), Sugar: 12.64g (14.05%), Cholesterol: 1.9mg (0.63%), Sodium: 151.08mg (6.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Manganese: 0.41mg (20.6%), Vitamin B3: 3.67mg (18.34%), Vitamin E: 2.2mg (14.7%), Magnesium: 50.98mg (12.74%), Phosphorus: 101.21mg (10.12%), Folate: 33.76µg (8.44%), Vitamin B6: 0.17mg (8.39%), Fiber: 1.96g (7.83%), Potassium: 227.82mg (6.51%), Copper: 0.12mg (5.97%), Vitamin B1: 0.09mg (5.88%), Vitamin B2: 0.09mg (5.37%), Zinc: 0.74mg (4.94%), Iron: 0.64mg (3.53%), Vitamin B5: 0.34mg (3.45%), Calcium: 22.56mg (2.26%), Selenium: 1.35µg (1.93%), Vitamin C: 1.28mg (1.56%)