



Chocolate Chip-Banana Pancakes

READY IN



14 min.

SERVINGS



12

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups milk
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon vanilla
- ☐ 1 large banana chopped

- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 1 serving maple syrup

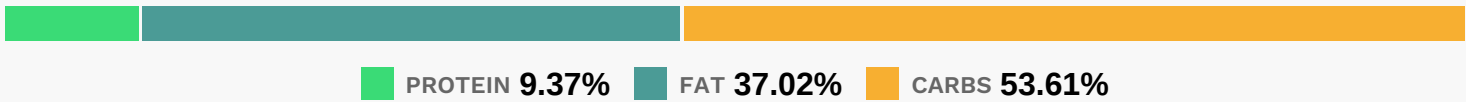
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat griddle to 375° or heat skillet over medium-high heat; grease with shortening if necessary (or spray with cooking spray before heating).
- ☐ Beat eggs in large bowl with wire whisk until lightly beaten. Beat in remaining ingredients except banana, chocolate chips and syrup just until smooth. Stir in banana and chocolate chips.
- ☐ For each pancake, pour batter by slightly less than 1/2 cupfuls onto hot griddle. Cook about 1 1/2 minutes or until puffed and dry around edges. Turn; cook other sides until golden brown.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:12.4, Inflammation Score:-3, Nutrition Score:6.3234783255536%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 183.12kcal (9.16%), Fat: 7.53g (11.58%), Saturated Fat: 3.4g (21.22%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 23.01g (8.37%), Sugar: 9.57g (10.64%), Cholesterol: 31.53mg (10.51%), Sodium: 213.18mg (9.27%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Caffeine: 8.48mg (2.83%), Protein: 4.29g (8.57%), Manganese: 0.31mg (15.53%), Selenium: 9.08µg (12.98%), Vitamin B2: 0.19mg (11.1%), Phosphorus: 105.49mg (10.55%), Vitamin

B1: 0.15mg (10.05%), Calcium: 92.45mg (9.25%), Iron: 1.58mg (8.8%), Folate: 34.33µg (8.58%), Copper: 0.16mg (8.02%), Magnesium: 29.03mg (7.26%), Fiber: 1.51g (6.03%), Vitamin B3: 1.12mg (5.61%), Potassium: 174.47mg (4.98%), Vitamin B12: 0.25µg (4.17%), Vitamin B6: 0.08mg (4.16%), Zinc: 0.62mg (4.13%), Vitamin A: 184.66IU (3.69%), Vitamin B5: 0.36mg (3.64%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.24mg (1.62%), Vitamin C: 0.99mg (1.2%)