



Chocolate Pancakes with Strawberries

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 servings banana sliced
- ☐ 0.3 cup eggs fat-free
- ☐ 0.8 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup soymilk light
- ☐ 1 cup strawberries fresh sliced
- ☐ 2 tablespoons sugar

- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 4 servings vanilla yogurt french yoplait®
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, beat soymilk, egg product and oil with wire whisk until smooth. Stir in remaining ingredients except strawberries, banana and yogurt.
- ☐ Spray griddle or 10-inch skillet with cooking spray; heat griddle to 375F or heat skillet over medium heat. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle.
- ☐ Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.
- ☐ Serve with strawberries, banana and yogurt.

Nutrition Facts



Properties

Glycemic Index:91.32, Glycemic Load:32.59, Inflammation Score:-6, Nutrition Score:16.86000009205%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 10.43mg, Catechin: 10.43mg, Catechin: 10.43mg, Catechin: 10.43mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 310.84kcal (15.54%), Fat: 6.85g (10.54%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 58.85g (19.62%), Net Carbohydrates: 53.12g (19.32%), Sugar: 24.54g (27.27%), Cholesterol: 56.55mg (18.85%), Sodium: 225.7mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 7.79g (15.58%), Vitamin C: 35.32mg (42.82%), Manganese: 0.74mg (36.99%), Vitamin B6: 0.62mg (31.1%), Folate: 98.94µg (24.73%), Fiber: 5.73g (22.93%), Vitamin B2: 0.38mg (22.49%), Selenium: 15.47µg (22.11%), Vitamin B3: 3.88mg (19.42%), Potassium: 655.11mg (18.72%), Vitamin B1: 0.27mg (17.84%), Copper: 0.31mg (15.51%), Calcium: 149.81mg (14.98%), Magnesium: 58.59mg (14.65%), Iron: 2.51mg (13.93%), Phosphorus: 133.35mg (13.34%), Vitamin E: 1.8mg (12%), Vitamin B12: 0.62µg (10.31%), Vitamin B5: 0.81mg (8.13%), Vitamin K: 7.85µg (7.48%), Vitamin A: 341.3IU (6.83%), Zinc: 0.88mg (5.9%), Vitamin D: 0.83µg (5.57%)