



Chunky Monkey Pancakes

 Popular

READY IN



30 min.

SERVINGS



9

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 large banana diced
- 3 tablespoons butter melted
- 2 eggs
- 1 cup flour all-purpose
- 0.3 cup pecans chopped
- 0.3 teaspoon salt

- 0.5 cup semi chocolate chips miniature
- 0.8 cup skim milk
- 1 teaspoon vanilla extract
- 1 tablespoon sugar white

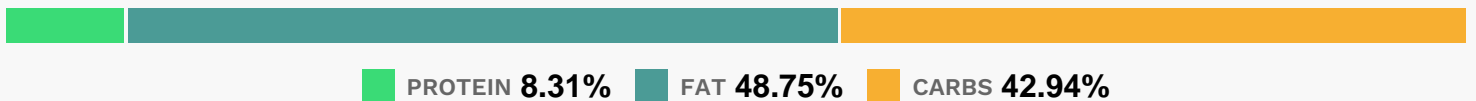
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Combine flour, baking powder, baking soda, and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skim milk, melted butter, eggs, sugar, and vanilla. Make a well in the center of the dry ingredients and stir in the wet ingredients, being careful not to over mix the batter. Gently fold in the banana, chocolate chips, and nuts.
- Heat a large skillet over medium heat, and coat with cooking spray.
- Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

Nutrition Facts



Properties

Glycemic Index:42.79, Glycemic Load:10.84, Inflammation Score:-4, Nutrition Score:7.3847826822944%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg 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: 222.3kcal (11.11%), Fat: 12.14g (18.67%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 21.94g (7.98%), Sugar: 9.28g (10.31%), Cholesterol: 47.81mg (15.94%), Sodium: 334.48mg (14.54%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Caffeine: 11.3mg (3.77%), Protein: 4.65g (9.31%), Manganese: 0.45mg (22.53%), Selenium: 9.55µg (13.64%), Phosphorus: 122.71mg (12.27%), Copper: 0.24mg (12.01%), Iron: 1.86mg (10.35%), Vitamin B1: 0.15mg (10.24%), Calcium: 98.99mg (9.9%), Vitamin B2: 0.16mg (9.63%), Magnesium: 37.94mg (9.49%), Folate: 34.25µg (8.56%), Fiber: 2.11g (8.45%), Potassium: 205.48mg (5.87%), Zinc: 0.83mg (5.52%), Vitamin B3: 1.1mg (5.51%), Vitamin B6: 0.1mg (5.06%), Vitamin A: 229.01IU (4.58%), Vitamin B5: 0.4mg (4.05%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.42µg (2.8%), Vitamin E: 0.35mg (2.36%), Vitamin C: 1.35mg (1.63%), Vitamin K: 1.53µg (1.45%)