



Cocoa Pancakes with Creamy Caramel-Banana Topping

READY IN



20 min.

SERVINGS



4

CALORIES



555 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup whipping cream
- ☐ 0.3 cup plus light
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon vanilla
- ☐ 3 medium banana sliced
- ☐ 1 eggs
- ☐ 0.8 cup milk

- ☐ 1 tablespoon butter melted
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon salt

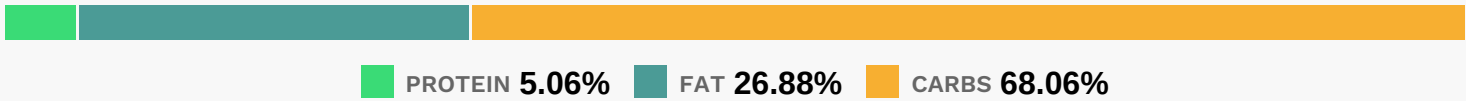
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 1-quart saucepan, mix all topping ingredients except bananas.
- ☐ Heat to boiling over medium heat, stirring occasionally; remove from heat. Gently stir in bananas until well coated; keep warm.
- ☐ Heat griddle or skillet over medium-high heat or electric griddle to 375°F. Grease griddle with cooking spray, vegetable oil or shortening. In medium bowl, beat egg with wire whisk or hand beater until foamy. Beat in milk and butter until smooth. Stir in remaining pancake ingredients until blended.
- ☐ For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook about 1 1/2 minutes or until pancakes are puffed. Turn and cook other sides until golden brown and dry around edges.
- ☐ Serve pancakes with topping.

Nutrition Facts



Properties

Glycemic Index:87.22, Glycemic Load:35.63, Inflammation Score:-7, Nutrition Score:12.610000055769%

Flavonoids

Catechin: 7.02mg, Catechin: 7.02mg, Catechin: 7.02mg, Catechin: 7.02mg Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 555.38kcal (27.77%), Fat: 17.28g (26.58%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 98.44g (32.81%), Net Carbohydrates: 94.58g (34.39%), Sugar: 69.22g (76.92%), Cholesterol: 63.22mg (21.07%), Sodium: 337.71mg (14.68%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Caffeine: 5.75mg (1.92%), Protein: 7.31g (14.63%), Manganese: 0.52mg (26.02%), Selenium: 14.44µg (20.62%), Vitamin B6: 0.4mg (20.12%), Vitamin B2: 0.34mg (19.71%), Vitamin B1: 0.26mg (17.34%), Calcium: 171.18mg (17.12%), Folate: 67.54µg (16.88%), Phosphorus: 165.23mg (16.52%), Vitamin A: 784.4IU (15.69%), Fiber: 3.86g (15.44%), Potassium: 520.99mg (14.89%), Magnesium: 52.77mg (13.19%), Iron: 2.19mg (12.14%), Copper: 0.22mg (11.11%), Vitamin B3: 2.13mg (10.65%), Vitamin C: 7.81mg (9.47%), Vitamin B5: 0.83mg (8.27%), Vitamin D: 0.96µg (6.41%), Vitamin B12: 0.38µg (6.32%), Zinc: 0.94mg (6.25%), Vitamin E: 0.71mg (4.71%), Vitamin K: 1.22µg (1.16%)