



Dark Chocolate Coconut Banana Bread Pancakes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix bisquick heart smart®
- 1.3 cups coconut milk canned reduced-fat (regular or)
- 3 tablespoons honey
- 2 tablespoons coconut oil (or canola)
- 1 teaspoon vanilla
- 1 eggs
- 3 banana ripe mashed

- 2 oz chocolate dark whole chopped (I used the 4 oz!)
- 0.3 cup coconut milk canned
- 0.3 cup honey
- 1 teaspoon vanilla

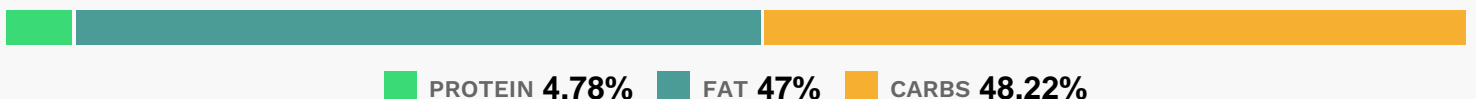
Equipment

- bowl
- frying pan
- sauce pan
- stove

Directions

- Start by making the pancake batter.
- Place Bisquick mix in medium bowl; add 1 1/4 cups coconut milk, 3 tablespoons honey, the oil, vanilla and egg.
- Mix until just combined, being careful not to overmix. Stir in mashed bananas.
- Let batter stand 5 to 10 minutes.
- Meanwhile, make Coconut Honey syrup.
- Add 1/3 cup coconut milk and 1/3 cup honey to 1-quart saucepan; heat to boiling. Reduce heat; simmer about 10 minutes or until thickened and syrupy. Stir in vanilla. Set aside, and keep warm until ready to use.
- Heat large skillet or griddle over medium heat. Spoon batter into rounds, and cook until bubbles form on top, 2 to 3 minutes.
- Add chocolate chunks as desired; turn and cook 1 to 2 minutes longer. Repeat with remaining batter.
- Serve hot with syrup. If syrup gets too thick, place it back on the stove with a tablespoon or so of coconut milk.

Nutrition Facts



Properties

Glycemic Index:51.08, Glycemic Load:29.85, Inflammation Score:-6, Nutrition Score:21.577826074932%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 852.39kcal (42.62%), Fat: 46.17g (71.03%), Saturated Fat: 32.11g (200.71%), Carbohydrates: 106.57g (35.52%), Net Carbohydrates: 99.29g (36.11%), Sugar: 60.78g (67.53%), Cholesterol: 42.55mg (14.18%), Sodium: 801.13mg (34.83%), Alcohol: 0.69g (100%), Alcohol %: 0.27% (100%), Caffeine: 11.34mg (3.78%), Protein: 10.56g (21.13%), Manganese: 1.63mg (81.61%), Phosphorus: 532.79mg (53.28%), Copper: 0.69mg (34.48%), Iron: 5.52mg (30.67%), Fiber: 7.28g (29.14%), Folate: 113.95µg (28.49%), Magnesium: 108.8mg (27.2%), Vitamin B1: 0.41mg (27.1%), Vitamin B2: 0.41mg (23.93%), Potassium: 806.85mg (23.05%), Selenium: 15.97µg (22.81%), Vitamin B6: 0.44mg (21.85%), Vitamin B3: 4.26mg (21.28%), Calcium: 146.46mg (14.65%), Vitamin C: 10.76mg (13.04%), Vitamin B5: 1.26mg (12.58%), Zinc: 1.84mg (12.27%), Vitamin B12: 0.37µg (6.19%), Vitamin K: 5.55µg (5.28%), Vitamin E: 0.52mg (3.44%), Vitamin A: 123.97IU (2.48%), Vitamin D: 0.22µg (1.47%)