



Deliciously Healthy Paleo Pancakes With Banana and Walnuts



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 6 large bananas sliced
- ☐ 1 teaspoon coconut oil as needed
- ☐ 6 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vanilla extract

☐ 0.5 cup walnuts chopped

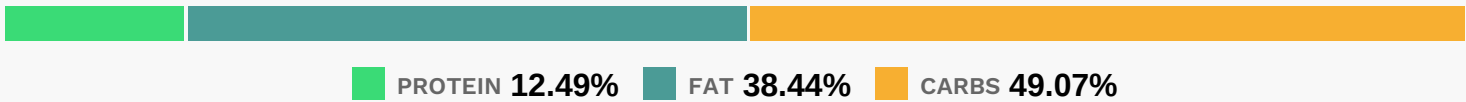
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ stand mixer

Directions

- ☐ Heat 1 teaspoon coconut oil on a griddle set to 325 degrees F (165 degrees C) or a skillet over medium heat.
- ☐ Place bananas in the bowl of a stand mixer.
- ☐ Add eggs, 3 tablespoons coconut oil, vanilla extract, salt, and baking soda; beat until batter is smooth and fluffy.
- ☐ Gently ladle batter, about 1/4 cup per pancake, onto the hot griddle; sprinkle with cinnamon and arrange walnuts on each pancake. Cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 3 to 4 more minutes. Repeat with remaining batter, adding more coconut oil between batches.

Nutrition Facts



Properties

Glycemic Index:8.48, Glycemic Load:7.6, Inflammation Score:-3, Nutrition Score:6.2369565575019%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 133.29kcal (6.66%), Fat: 5.83g (8.97%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 14.56g (5.29%), Sugar: 8.78g (9.76%), Cholesterol: 81.84mg (27.28%), Sodium: 174.72mg (7.6%), Alcohol: 0.75g (100%), Alcohol %: 0.96% (100%), Protein: 4.26g (8.52%), Manganese: 0.39mg (19.53%), Vitamin B6: 0.31mg (15.7%), Selenium: 7.68µg (10.97%), Vitamin B2: 0.16mg (9.39%), Fiber: 2.18g (8.73%), Potassium: 299.24mg (8.55%), Phosphorus: 75.62mg (7.56%), Copper: 0.15mg (7.43%), Magnesium: 29.07mg (7.27%), Vitamin C: 5.99mg (7.26%), Folate: 28.73µg (7.18%), Vitamin B5: 0.59mg (5.94%), Iron: 0.72mg (4.01%), Zinc: 0.54mg (3.61%), Vitamin A: 163.79IU (3.28%), Vitamin B12: 0.2µg (3.26%), Vitamin B1: 0.05mg (3.12%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.53mg (2.67%), Vitamin E: 0.34mg (2.25%), Calcium: 22.47mg (2.25%)