



# Elvis Pancakes

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

494 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 banana diced ripe
- ☐ 2 tablespoons brown sugar
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup chocolate chips
- ☐ 1 eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.3 cup peanut butter

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

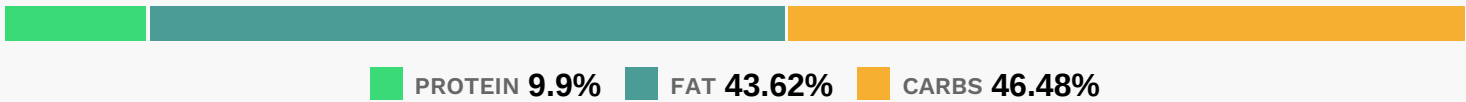
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

## Directions

- ☐ Whisk flour, baking powder, salt, and brown sugar in bowl. Beat egg and milk together and stir in peanut butter until smooth in a second bowl.
- ☐ Whisk the milk mixture into the dry ingredients just until moistened, then whisk in melted butter and vanilla extract. Gently fold chocolate chips and diced banana into the batter.
- ☐ Place a large nonstick skillet over medium heat and pour 1/4 cup of batter per pancake into the middle of the skillet.
- ☐ Let the pancake cook until bottom is golden brown and there are many small pinholes in the top of the pancake before flipping, about 2 minutes. Cook other side until golden brown and the middle of the pancake is set, 2 to 3 minutes. Repeat with remaining batter.

## Nutrition Facts



## Properties

Glycemic Index:80.94, Glycemic Load:27.61, Inflammation Score:-6, Nutrition Score:15.476956502251%

## Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 494.14kcal (24.71%), Fat: 24.42g (37.58%), Saturated Fat: 11.17g (69.84%), Carbohydrates: 58.57g (19.52%), Net Carbohydrates: 55.96g (20.35%), Sugar: 22.22g (24.69%), Cholesterol: 74.47mg (24.83%), Sodium: 798.61mg (34.72%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 12.47g (24.94%), Calcium: 326.05mg (32.6%),

Manganese: 0.6mg (29.82%), Phosphorus: 286.09mg (28.61%), Selenium: 19.5µg (27.85%), Vitamin B1: 0.39mg (26.29%), Vitamin B2: 0.43mg (25.08%), Folate: 96.8µg (24.2%), Vitamin B3: 4.77mg (23.83%), Iron: 2.74mg (15.22%), Magnesium: 57.8mg (14.45%), Vitamin B6: 0.27mg (13.73%), Vitamin E: 1.93mg (12.85%), Potassium: 435.56mg (12.44%), Fiber: 2.6g (10.41%), Vitamin B12: 0.61µg (10.16%), Vitamin A: 488.9IU (9.78%), Vitamin B5: 0.97mg (9.7%), Zinc: 1.26mg (8.38%), Vitamin D: 1.23µg (8.18%), Copper: 0.16mg (7.99%), Vitamin C: 2.57mg (3.11%), Vitamin K: 1.36µg (1.29%)