



Fabulous Fruit and Pancake Sandwiches



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 silver dollar size dairy-free pancakes for great recipes! (3 to 4-inch) (see post above)
- ☐ 2 tablespoons maple syrup
- ☐ 4 slices watermelon seedless

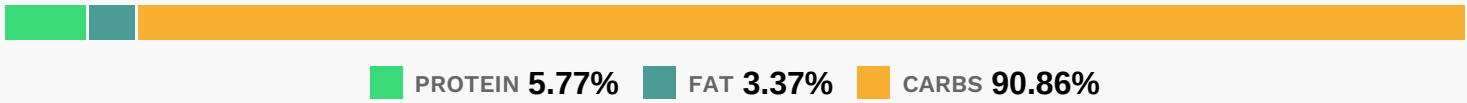
Equipment

Directions

- ☐ Spread syrup over one side of each pancake.

- ☐
- Place slice of watermelon on the syrup brushed side of 4 of the pancakes.Top the watermelon with other 4 pancakes, syrup side down.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.15, Glycemic Load:17.75, Inflammation Score:-8, Nutrition Score:6.916956582795%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg

Nutrients (% of daily need)

Calories: 113.7kcal (5.68%), Fat: 0.47g (0.72%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 27.25g (9.91%), Sugar: 23.77g (26.42%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin A: 1635.2IU (32.7%), Vitamin C: 23.31mg (28.25%), Manganese: 0.34mg (16.93%), Vitamin B2: 0.19mg (11.24%), Potassium: 345.64mg (9.88%), Magnesium: 30.7mg (7.68%), Vitamin B1: 0.1mg (6.81%), Vitamin B6: 0.13mg (6.67%), Vitamin B5: 0.63mg (6.32%), Copper: 0.12mg (6.13%), Fiber: 1.15g (4.61%), Iron: 0.71mg (3.93%), Calcium: 33.72mg (3.37%), Phosphorus: 31.46mg (3.15%), Vitamin B3: 0.58mg (2.92%), Zinc: 0.36mg (2.41%), Folate: 9.22µg (2.31%), Selenium: 1.19µg (1.7%), Vitamin E: 0.19mg (1.29%)