



Fresh Banana Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



5

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana sliced
- 2 tsp calumet baking powder
- 1 eggs
- 1 cup milk fat-free
- 0.5 tsp ground cinnamon
- 1 dash ground nutmeg
- 1 Tbsp oil
- 0.5 cup quick-cooking oats

- 1 Tbsp sugar
- 0.5 cup flour whole wheat

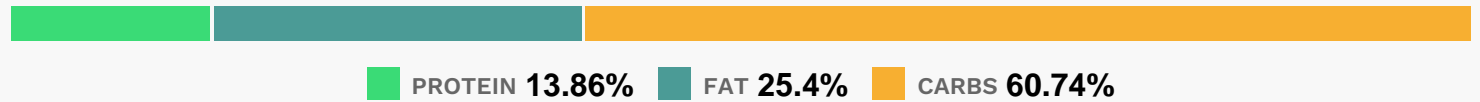
Equipment

- bowl
- frying pan
- ladle
- whisk

Directions

- Whisk all ingredients except bananas in medium bowl until blended. Stir in bananas.
- Ladle batter onto hot griddle or into hot skillet sprayed with cooking spray, using 1/4 cup batter for each pancake; cook until bubbles form on tops, then turn to brown other sides.

Nutrition Facts



Properties

Glycemic Index:78.02, Glycemic Load:8.73, Inflammation Score:-4, Nutrition Score:9.7656522522802%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.87kcal (7.89%), Fat: 4.69g (7.22%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 22.41g (8.15%), Sugar: 8.01g (8.9%), Cholesterol: 34.21mg (11.4%), Sodium: 245.39mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Manganese: 0.96mg (47.79%), Selenium: 14.12µg (20.17%), Phosphorus: 199.43mg (19.94%), Calcium: 199.2mg (19.92%), Magnesium: 52.7mg (13.18%), Fiber: 2.84g (11.37%), Vitamin B1: 0.14mg (9.54%), Vitamin B6: 0.19mg (9.38%), Vitamin B2: 0.15mg (8.93%), Potassium: 253.32mg (7.24%), Iron: 1.27mg (7.07%), Zinc: 0.95mg (6.34%), Vitamin B12: 0.36µg (6.04%), Copper: 0.11mg (5.41%), Vitamin B5: 0.52mg (5.2%), Vitamin E: 0.75mg (5.03%), Vitamin D: 0.71µg (4.77%), Folate: 17.88µg (4.47%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 164.63IU (3.29%), Vitamin K: 2.71µg (2.58%), Vitamin C: 2.07mg (2.51%)