



Healthy Protein Pancakes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



24

CALORIES



35 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana
- 4 large eggs
- 0.5 cup milk
- 0.3 cup rolled oats to taste
- 1 sweet potatoes and into chopped
- 0.3 cup vanilla whey protein powder to taste

Equipment

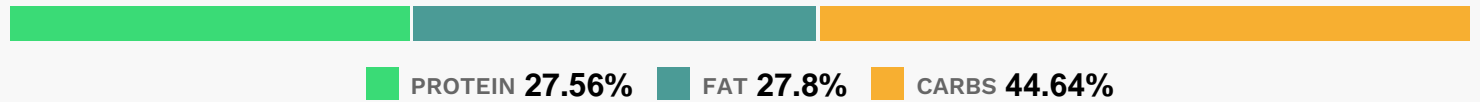
- food processor

- bowl
- frying pan
- pot
- blender

Directions

- Place rolled oats into a food processor and grind to flour.
- Place sweet potato into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until very soft, about 20 minutes.
- Drain.
- Blend sweet potato, eggs, banana, and milk in a blender until smooth; pour batter into a large bowl. Stir protein powder and ground oats into batter.
- Heat vegetable oil in a skillet over low heat. Drop batter, about 1/4 cup per pancake, into the skillet, and 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 minutes. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:2.9652173875467%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 35.14kcal (1.76%), Fat: 1.11g (1.7%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.5g (1.27%), Sugar: 1.35g (1.5%), Cholesterol: 33.49mg (11.16%), Sodium: 20.73mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin A: 1395.32IU (27.91%), Selenium: 3µg (4.29%), Manganese: 0.07mg (3.54%), Phosphorus: 33.83mg (3.38%), Vitamin B2: 0.06mg (3.28%), Vitamin B6: 0.06mg (2.79%), Vitamin B5: 0.25mg (2.48%), Potassium: 74.89mg (2.14%), Fiber: 0.5g (1.98%), Iron: 0.33mg (1.82%), Calcium: 18.1mg (1.81%), Magnesium: 7.02mg (1.75%), Vitamin B12: 0.1µg (1.69%), Folate: 6.21µg (1.55%), Vitamin D: 0.22µg (1.48%), Copper: 0.03mg (1.37%), Zinc: 0.19mg (1.3%), Vitamin B1: 0.02mg (1.26%)