



Hummingbird Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup bananas very ripe mashed
- ☐ 30 servings garnishes: bananas fresh sliced chopped
- ☐ 1.5 cups buttermilk
- ☐ 3 tablespoons canola oil
- ☐ 30 servings cream cheese anglaise
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 cup pineapple in juice canned crushed drained
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar

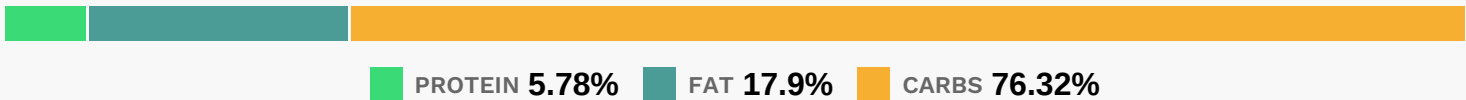
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Whisk together buttermilk and next 5 ingredients in another bowl. Gradually stir buttermilk mixture into flour mixture just until dry ingredients are moistened. Fold in toasted pecans.
- ☐ Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until done.
- ☐ Place in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- ☐ Serve with Cream Cheese Anglaise.
- ☐ Note: When using a griddle, heat it to 35
- ☐ Tip: For tender pancakes, don't overmix the batter; it should be lumpy.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:19.77, Inflammation Score:-4, Nutrition Score:7.8904347523399%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg, Catechin: 8.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 187.03kcal (9.35%), Fat: 3.99g (6.14%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 34.51g (12.55%), Sugar: 19.34g (21.49%), Cholesterol: 8.53mg (2.84%), Sodium: 106mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin B6: 0.5mg (24.85%), Manganese: 0.48mg (23.89%), Fiber: 3.79g (15.16%), Potassium: 506.25mg (14.46%), Vitamin C: 11.7mg (14.18%), Magnesium: 40.78mg (10.19%), Folate: 39.63µg (9.91%), Vitamin B2: 0.16mg (9.43%), Vitamin B1: 0.11mg (7.35%), Copper: 0.14mg (6.95%), Selenium: 4.56µg (6.51%), Vitamin B3: 1.28mg (6.41%), Phosphorus: 60.79mg (6.08%), Vitamin B5: 0.56mg (5.56%), Iron: 0.75mg (4.16%), Calcium: 40.89mg (4.09%), Vitamin E: 0.44mg (2.92%), Zinc: 0.39mg (2.61%), Vitamin A: 128.6IU (2.57%), Vitamin K: 1.82µg (1.74%), Vitamin D: 0.19µg (1.26%), Vitamin B12: 0.07µg (1.2%)