



Nutella Banana Pancakes German Style

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



1601 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 banana
- 120 ml seltzer water
- 4 eggs
- 400 ml milk
- 4 tablespoons nutella
- 6 tablespoons cooking oil
- 400 g flour white

Equipment

- bowl
- frying pan
- ladle
- oven

Directions

- Separate the egg whites from the yolks. Beat the egg whites until they are stiff.
- Mix egg yolks, flour, water, and milk in a big bowl until smooth. Gently fold the stiff egg whites in.
- Heat a large pan to medium to high heat with 1 tablespoon of oil per pancake. Distribute about 1 ladle of the batter in the pan and fry for about 2 minutes per side. If you don't want to eat-cook-eat-cook, you could pre-heat the oven and make all the pancakes, keeping them warm in the oven until all are prepared before you dig in.

Nutrition Facts

PROTEIN 10.33% **FAT 39.6%** **CARBS 50.07%**

Properties

Glycemic Index: 98.56, Glycemic Load: 126.79, Inflammation Score: -9, Nutrition Score: 49.059999818387%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1600.82kcal (80.04%), Fat: 70.1g (107.87%), Saturated Fat: 20.57g (128.54%), Carbohydrates: 199.43g (66.48%), Net Carbohydrates: 190.49g (69.27%), Sugar: 37.97g (42.18%), Cholesterol: 352.11mg (117.37%), Sodium: 235.7mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.16g (82.32%), Selenium: 100.66µg (143.8%), Vitamin B1: 1.77mg (118.03%), Folate: 424.34µg (106.08%), Vitamin B2: 1.78mg (104.75%), Manganese: 1.88mg (93.9%), Iron: 12.6mg (70%), Vitamin E: 10.39mg (69.28%), Phosphorus: 667.79mg (66.78%), Vitamin B3: 12.64mg (63.2%), Calcium: 378.9mg (37.89%), Fiber: 8.93g (35.73%), Vitamin B12: 2µg (33.28%), Vitamin B5: 3.32mg (33.24%), Vitamin K: 32.43µg (30.88%), Vitamin B6: 0.61mg (30.51%), Magnesium: 119.52mg (29.88%), Copper: 0.58mg (28.83%), Potassium: 1007.85mg (28.8%), Vitamin D: 4.03µg (26.86%), Zinc: 3.92mg (26.14%),

Vitamin A: 848.22IU (16.96%), Vitamin C: 5.13mg (6.22%)