



Nutty Banana Pancakes

READY IN



40 min.

SERVINGS



40

CALORIES



72 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 medium bananas ripe mashed
- 6 Tbsp butter melted
- 2 Tbsp calumet baking powder
- 1.5 cups creamy rice cereal hot uncooked
- 3 eggs
- 3 cups milk fat-free
- 1.5 cups flour
- 6 Tbsp sugar
- 0.5 cup planters walnuts chopped

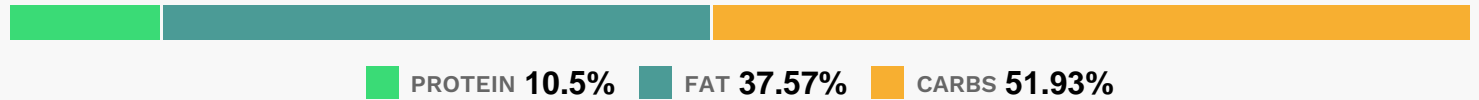
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine cereal, flour, sugar and baking powder in large bowl; set aside.
- Beat eggs, milk and butter in medium bowl with wire whisk until well blended.
- Add bananas; mix well.
- Add to dry ingredients; stir just until moistened. (Batter will be slightly lumpy.)
- Let stand 10 min.; stir in walnuts.
- Heat lightly greased electric griddle to 350F or skillet on medium-high heat.
- Pour scant 1/4 cup batter onto griddle for each pancake. Cook until bubbles form on tops; turn over to brown other sides.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:5.29, Inflammation Score:-2, Nutrition Score:3.1978260712779%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 71.61kcal (3.58%), Fat: 3.07g (4.73%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 9.08g (3.3%), Sugar: 3.95g (4.39%), Cholesterol: 12.83mg (4.28%), Sodium: 104.04mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Manganese: 0.14mg (7.18%), Calcium: 68.33mg (6.83%), Phosphorus: 53.39mg (5.34%), Folate: 21.22µg (5.31%), Vitamin B2: 0.09mg (5.19%), Selenium: 3.34µg (4.77%), Vitamin B1: 0.07mg (4.69%), Iron: 0.75mg (4.14%), Vitamin B6: 0.08mg (3.88%), Vitamin B12: 0.19µg

(3.24%), Vitamin A: 155.13IU (3.1%), Vitamin B3: 0.56mg (2.82%), Zinc: 0.36mg (2.38%), Potassium: 81.33mg (2.32%), Magnesium: 8.86mg (2.22%), Copper: 0.04mg (2.12%), Vitamin D: 0.31µg (2.04%), Vitamin B5: 0.19mg (1.91%), Fiber: 0.48g (1.9%), Vitamin C: 1.02mg (1.23%)