

Oat Pancakes with Banana-Nut Syrup

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



674 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup walnut pieces chopped
- ☐ 2 banana sliced
- ☐ 1 cup maple syrup
- ☐ 0.5 cup oats
- ☐ 2 tablespoons brown sugar packed
- ☐ 1.3 cups milk
- ☐ 2 eggs

☐ 2 cups frangelico

Equipment

☐ bowl

☐ frying pan

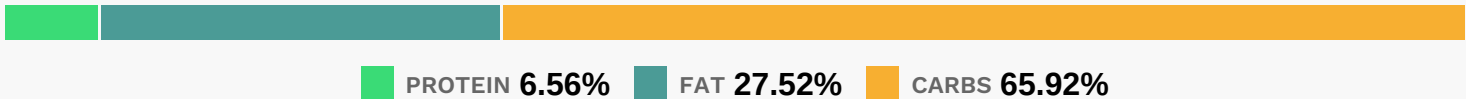
☐ sauce pan

☐ whisk

Directions

- ☐ In 1 1/2-quart saucepan, melt butter over medium heat. Cook walnuts in butter, stirring occasionally, just until nuts and butter begin to brown.
- ☐ Add bananas; stir to coat with butter. Stir in syrup. Reduce heat to low; cook until warm.
- ☐ Remove from heat; cover to keep warm.
- ☐ In medium bowl, stir all pancake ingredients with fork or whisk until blended.
- ☐ Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour 1/4 cup batter onto hot griddle. Cook until edges are dry and bubbles form on top. Turn and cook other sides until golden brown.

Nutrition Facts



Properties

Glycemic Index:71.43, Glycemic Load:42.21, Inflammation Score:-7, Nutrition Score:22.330869596937%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 674.17kcal (33.71%), Fat: 21.1g (32.46%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 113.7g (37.9%), Net Carbohydrates: 109.73g (39.9%), Sugar: 87.12g (96.8%), Cholesterol: 121.32mg (40.44%), Sodium: 181.59mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Manganese: 3.61mg (180.62%), Vitamin B2: 1.73mg (101.72%), Calcium: 287.75mg (28.77%), Magnesium: 112.39mg (28.1%), Phosphorus: 276.16mg (27.62%), Selenium: 16.89µg (24.13%), Vitamin B6: 0.47mg (23.53%), Potassium: 822.04mg (23.49%), Vitamin B1: 0.27mg (18.07%), Zinc: 2.4mg (16%), Fiber: 3.97g (15.88%), Copper: 0.29mg (14.61%), Vitamin A: 709.25IU (14.19%), Vitamin B12: 0.82µg (13.66%), Vitamin B5: 1.26mg (12.62%), Vitamin D: 1.71µg (11.37%), Folate: 43.57µg (10.89%), Iron: 1.8mg (10.02%), Vitamin C: 6.99mg (8.47%), Vitamin E: 0.89mg (5.93%), Vitamin B3: 0.97mg (4.85%), Vitamin K: 1.48µg (1.41%)