



Oatmeal-Brown Sugar Pancakes with Banana-Walnut Syrup

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



337 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

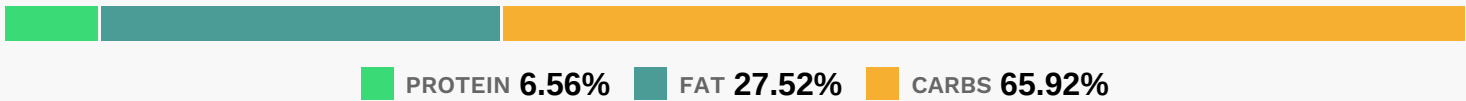
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

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

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:21.1, Inflammation Score:-4, Nutrition Score:12.955652099589%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 337.08kcal (16.85%), Fat: 10.55g (16.23%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 56.85g (18.95%), Net Carbohydrates: 54.86g (19.95%), Sugar: 43.56g (48.4%), Cholesterol: 60.66mg (20.22%), Sodium: 90.79mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Manganese: 1.81mg (90.31%), Vitamin B2: 0.86mg (50.86%), Calcium: 143.87mg (14.39%), Magnesium: 56.2mg (14.05%), Phosphorus: 138.08mg (13.81%), Selenium: 8.45µg (12.07%), Vitamin B6: 0.24mg (11.76%), Potassium: 411.02mg (11.74%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.2mg (8%), Fiber: 1.98g (7.94%), Copper: 0.15mg (7.31%), Vitamin A: 354.63IU (7.09%), Vitamin B12: 0.41µg (6.83%), Vitamin B5: 0.63mg (6.31%), Vitamin D: 0.85µg (5.68%), Folate: 21.79µg (5.45%), Iron: 0.9mg (5.01%), Vitamin C: 3.49mg (4.24%), Vitamin E: 0.44mg (2.97%), Vitamin B3: 0.48mg (2.42%)