



Pancake Banana Splits

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



268 kcal

Ingredients

- 3 banana
- 0.5 cup blueberries fresh
- 16.4 oz buttermilk frozen (12 pancakes)
- 2 tablespoons cereal
- 1 cup vanilla yogurt yoplait® (from 2-lb container)
- 1 cup strawberry yogurt yoplait® (from 2-lb container)
- 8 oz pineapple rings unsweetened crushed drained canned
- 6 servings strawberries fresh

Equipment

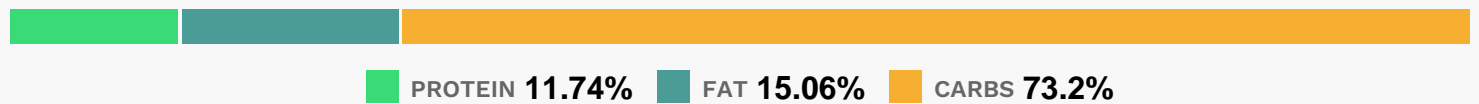
plastic wrap

microwave

Directions

- Remove plastic wrap from 2 stacks of pancakes; place on microwave-safe plate. Microwave on High for 2 minutes 15 seconds to 2 minutes 45 seconds or until pancakes are hot and no firm spots remain. DO NOT OVERHEAT. Repeat with remaining 2 stacks.
- Cut each banana in half lengthwise and crosswise, making 4 pieces each.
- To serve, place 2 pancakes on each serving plate. Top each with 2 banana pieces, 1/6 each of strawberry yogurt, vanilla yogurt, pineapple and blueberries.
- Sprinkle each serving with granola.
- Garnish with strawberries.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:11.57, Inflammation Score:-7, Nutrition Score:17.250869564388%

Flavonoids

Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg Petunidin: 4.05mg, Petunidin: 4.05mg, Petunidin: 4.05mg, Petunidin: 4.05mg Delphinidin: 4.82mg, Delphinidin: 4.82mg, Delphinidin: 4.82mg, Delphinidin: 4.82mg Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg, Malvidin: 8.35mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 2.57mg, Peonidin: 2.57mg, Peonidin: 2.57mg, Peonidin: 2.57mg Catechin: 8.73mg, Catechin: 8.73mg, Catechin: 8.73mg, Catechin: 8.73mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 268.27kcal (13.41%), Fat: 4.75g (7.31%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 46.47g (16.9%), Sugar: 37.98g (42.2%), Cholesterol: 14.24mg (4.75%), Sodium: 134.4mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.67%), Vitamin C: 94.88mg (115.01%), Manganese: 0.85mg (42.53%), Calcium: 238.68mg (23.87%), Vitamin B2: 0.38mg (22.51%), Fiber: 5.5g (21.99%), Potassium: 767.15mg (21.92%), Phosphorus: 214.31mg (21.43%), Vitamin B6: 0.37mg (18.46%), Folate: 58.49µg (14.62%), Magnesium: 58.38mg (14.59%), Vitamin B12: 0.79µg (13.13%), Vitamin B1: 0.16mg (10.66%), Copper: 0.2mg (9.85%), Selenium: 6.77µg (9.68%), Vitamin B5: 0.93mg (9.31%), Zinc: 1.05mg (6.98%), Vitamin D: 1.01µg (6.72%), Iron: 1.13mg (6.3%), Vitamin B3: 1.25mg (6.26%), Vitamin K: 6.53µg (6.22%), Vitamin E: 0.75mg (4.97%), Vitamin A: 238.67IU (4.77%)