



PB & Banana Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp baking soda
- 1 cup fully bananas ripe mashed (2)
- 2 tsp calumet baking powder
- 0.5 cup creamy peanut butter
- 2 eggs
- 1.5 cups flour
- 1.3 cups milk
- 1 Tbsp oil

- 0.3 cup planters pecans divided chopped
- 0.5 tsp salt
- 1 tsp vanilla

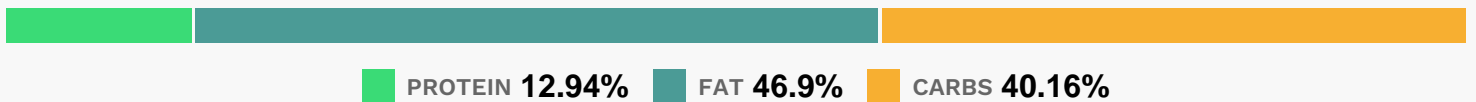
Equipment

- bowl
- frying pan
- whisk

Directions

- Mix first 4 ingredients in medium bowl. Beat eggs, milk, bananas, vanilla and oil with whisk until blended.
- Add to flour mixture; mix well. Stir in 2 Tbsp. nuts.
- Heat large nonstick griddle or skillet sprayed with cooking spray on medium heat.
- Pour batter onto griddle, using 1/4 cup batter for each pancake. Cook until bubbles form on tops, then turn to brown other sides.
- Serve topped with remaining nuts and peanut butter.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:2.8730434801268%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 73.57kcal (3.68%), Fat: 3.94g (6.06%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7g (2.55%), Sugar: 1.63g (1.81%), Cholesterol: 12.13mg (4.04%), Sodium: 121.73mg (5.29%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 2.45g (4.89%), Manganese: 0.16mg (7.9%), Vitamin B3: 1mg (4.99%), Selenium: 3.47µg (4.96%), Phosphorus: 48.1mg (4.81%), Vitamin B1: 0.07mg (4.59%), Folate: 17.7µg (4.42%), Vitamin B2: 0.07mg (4.2%), Calcium: 37.65mg (3.76%), Vitamin E: 0.53mg (3.53%), Magnesium: 12.67mg (3.17%), Iron: 0.49mg (2.7%), Vitamin B6: 0.05mg (2.66%), Fiber: 0.58g (2.34%), Copper: 0.04mg (2.16%), Potassium: 71.8mg (2.05%), Zinc: 0.28mg (1.85%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.14%)