



PB&B Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 banana mashed
- ☐ 1 tablespoon butter melted
- ☐ 2 cups buttermilk
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup lingonberry jam
- ☐ 0.5 cup maple syrup

- ☐ 0.3 cup peanut butter thin
- ☐ 0.5 teaspoon salt

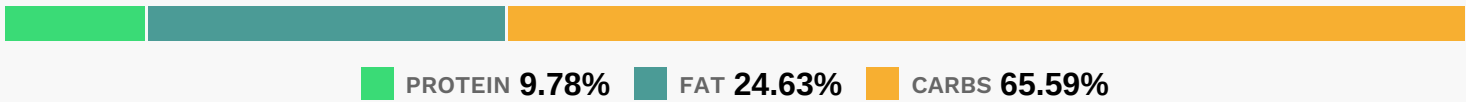
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a bowl, whisk flour, baking soda, and salt.
- ☐ Whisk in buttermilk, eggs, and butter. Stir in peanut butter and bananas.
- ☐ In a saucepan, warm preserves and syrup.
- ☐ Heat greased griddle on medium-low. For each pancake, pour 3 TBSP batter; cook until golden brown (3 minutes a side).

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:22.26, Inflammation Score:-4, Nutrition Score:12.53652178982%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 327.5kcal (16.37%), Fat: 9.1g (14%), Saturated Fat: 3.31g (20.72%), Carbohydrates: 54.52g (18.17%), Net Carbohydrates: 52g (18.91%), Sugar: 27.23g (30.26%), Cholesterol: 56.86mg (18.95%), Sodium: 554.02mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Manganese: 1.33mg (66.48%), Vitamin B2: 0.57mg (33.48%), Selenium: 14.65µg (20.93%), Vitamin B1: 0.25mg (16.72%), Folate: 64.65µg (16.16%), Phosphorus: 138.26mg (13.83%), Vitamin B3: 2.73mg (13.66%), Calcium: 110.34mg (11.03%), Fiber: 2.53g (10.1%), Magnesium: 39.69mg (9.92%), Vitamin B6: 0.2mg (9.86%), Potassium: 333.45mg (9.53%), Iron: 1.64mg (9.12%),

Vitamin B5: 0.71mg (7.08%), Vitamin D: 1.03µg (6.87%), Vitamin E: 0.99mg (6.61%), Vitamin B12: 0.39µg (6.5%), Zinc: 0.97mg (6.48%), Copper: 0.11mg (5.74%), Vitamin A: 229.11IU (4.58%), Vitamin C: 2.57mg (3.11%)