



Peanut Butter and Banana Pancakes



Vegetarian



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5.4 ounces baking and pancake mix gluten-free ()
- ☐ 0.5 cup banana chopped (1 small)
- ☐ 0.5 cup creamy peanut butter
- ☐ 1 large eggs
- ☐ 0.1 teaspoon salt
- ☐ 1 cup warm water

Equipment

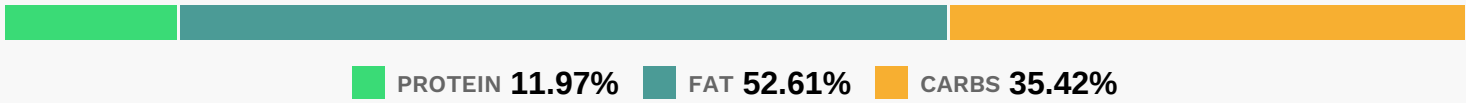
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon baking mix into dry measuring cups; level with a knife.
- ☐ Combine baking mix and next 4 ingredients in a medium bowl, stirring well with a whisk. Fold in banana.
- ☐ Heat a large nonstick skillet or griddle over medium heat.
- ☐ Pour 1/4 cup batter per pancake onto hot pan. Cook 2 to 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 to 3 minutes or until bottoms are lightly browned. Repeat procedure with remaining batter.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:2.29, Inflammation Score:-4, Nutrition Score:10.530000059501%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 312.72kcal (15.64%), Fat: 18.9g (29.08%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 26.35g (9.58%), Sugar: 8.14g (9.05%), Cholesterol: 37.81mg (12.6%), Sodium: 576.21mg (25.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.36%), Phosphorus: 289.67mg (28.97%), Manganese: 0.53mg (26.29%), Vitamin B3: 4.93mg (24.65%), Folate: 68.16µg (17.04%), Vitamin E: 2.51mg (16.73%), Vitamin B1: 0.22mg (14.69%), Magnesium: 56.98mg (14.25%), Vitamin B2: 0.24mg (14.1%), Vitamin B6: 0.21mg (10.49%), Selenium: 6.57µg (9.39%), Copper: 0.18mg (9.1%), Fiber: 2.27g (9.09%), Iron: 1.51mg (8.38%), Calcium: 75.25mg (7.53%), Potassium: 262.93mg (7.51%), Vitamin B5: 0.75mg (7.48%), Zinc: 1mg (6.64%), Vitamin B12: 0.21µg (3.47%), Vitamin K: 2.17µg (2.07%), Vitamin C: 1.4mg (1.69%), Vitamin D: 0.2µg (1.33%), Vitamin A: 64.82IU (1.3%)