



Peanut Butter Banana Pancakes

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups water
- 0.5 cup creamy peanut butter gluten-free
- 0.3 cup granulated sugar
- 0.1 teaspoon salt
- 1 eggs
- 0.5 cup banana chopped (1 small)
- 1 banana sliced
- 0.3 cup powdered sugar

1.3 cups frangelico gluten free

Equipment

bowl

frying pan

whisk

Directions

Heat griddle or skillet over medium heat (375°F).

Brush with vegetable oil if necessary or spray with cooking spray without flour before heating. In medium bowl, stir Bisquick mix, warm water, peanut butter, granulated sugar, salt and egg with whisk. Fold in chopped banana.

For each pancake, pour 1/4 cup batter onto hot griddle. Cook 2 to 3 minutes or until bubbles form on top and edges are dry. Turn; cook other side until golden brown. Top pancakes with sliced banana; sprinkle with powdered sugar.

Nutrition Facts



PROTEIN 10.51% **FAT 45.71%** **CARBS 43.78%**

Properties

Glycemic Index:32.27, Glycemic Load:9.9, Inflammation Score:-3, Nutrition Score:6.3000000138646%

Flavonoids

Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg 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: 219kcal (10.95%), Fat: 11.82g (18.18%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 23.6g (8.58%), Sugar: 19.42g (21.57%), Cholesterol: 27.28mg (9.09%), Sodium: 154.56mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Manganese: 0.4mg (20.24%), Vitamin B3: 3.08mg (15.39%), Vitamin E: 2.07mg (13.79%), Magnesium: 46.49mg (11.62%), Vitamin B6: 0.23mg (11.3%), Phosphorus: 94.48mg (9.45%), Fiber: 1.87g (7.47%), Folate: 28.37µg (7.09%), Potassium: 246.81mg (7.05%), Copper: 0.13mg (6.56%), Vitamin B2: 0.1mg (5.92%), Selenium: 3.53µg (5.05%), Zinc: 0.7mg (4.64%), Vitamin B5: 0.45mg (4.48%), Vitamin C: 2.8mg (3.39%), Iron: 0.59mg (3.29%), Vitamin B1: 0.04mg (2.84%), Calcium: 18.19mg (1.82%), Vitamin A:

60.19IU (1.2%), Vitamin B12: 0.07 μ g (1.09%)