



Ricotta-Banana Pancakes

 Vegetarian

READY IN



9 min.

SERVINGS



4

CALORIES



497 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 small banana ripe mashed
- ☐ 4 servings banana sliced
- ☐ 4 servings mrs richardson's butterscotch caramel sauce
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 1 cup whole-milk ricotta cheese
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted cooled melted
- ☐ 1 teaspoon vanilla extract

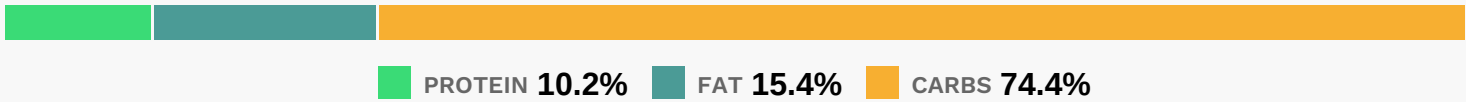
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 200F.
- ☐ Whisk together flour, sugar, baking powder and salt in a medium bowl. In a large bowl, whisk together ricotta, egg, milk, butter, vanilla and banana. Gently stir flour mixture into ricotta mixture until just blended.
- ☐ Grease a large nonstick skillet over medium heat with cooking spray or melted butter. Drop tablespoonfuls of batter into skillet. Cook pancakes, turning once, until golden brown on both sides, about 4 minutes total. Keep pancakes warm on a plate in oven while cooking remaining pancakes.
- ☐ Stack pancakes on dessert plates, top with caramel and sliced bananas, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:96.16, Glycemic Load:39.22, Inflammation Score:-6, Nutrition Score:14.988695699236%

Flavonoids

Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 497.37kcal (24.87%), Fat: 8.67g (13.33%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 94.23g (31.41%), Net Carbohydrates: 89.45g (32.53%), Sugar: 50.94g (56.6%), Cholesterol: 75.05mg (25.02%), Sodium: 736.06mg (32%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 12.92g (25.83%), Manganese: 0.65mg (32.5%), Vitamin B6: 0.61mg (30.46%), Calcium: 294.32mg (29.43%), Selenium: 17.15µg (24.51%), Folate: 94.32µg (23.58%), Vitamin B2: 0.37mg (21.67%), Vitamin B1: 0.31mg (20.98%), Fiber: 4.78g (19.12%), Potassium: 668.05mg (19.09%), Phosphorus: 183.74mg (18.37%), Vitamin C: 13.36mg (16.19%), Vitamin B3: 2.9mg (14.5%), Magnesium: 55.68mg (13.92%), Iron: 2.29mg (12.72%), Vitamin B5: 1.02mg (10.19%), Copper: 0.17mg (8.75%), Vitamin A: 424.64IU (8.49%), Vitamin B12: 0.36µg (6%), Zinc: 0.74mg (4.94%), Vitamin D: 0.69µg (4.6%), Vitamin E: 0.5mg (3.33%), Vitamin K: 1.47µg (1.4%)