



## Strawberry Banana Pancake Kebabs

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup milk
- 2 eggs lightly beaten
- 24 strawberries
- 2 banana
- 0.5 cup strawberry jam
- 2 cups frangelico
- 24 frangelico

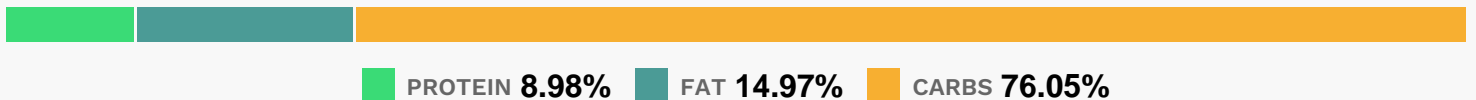
### Equipment

- bowl
- frying pan
- whisk
- microwave
- skewers

## Directions

- Heat large skillet or griddle over medium-high heat.
- In large bowl, beat Bisquick mix, milk and eggs with whisk.
- For each pancake, pour quarter-size amount of batter onto hot griddle. Cook until bubbly on top and set on edges. Turn, and cook on other side until golden.
- Cut tops and bottoms off strawberries, and cut each strawberry into 2 pieces.
- Cut each banana into 12 slices.
- To assemble pancakes, thread 1 pancake on each skewer.
- Add strawberry slice, banana slice, another strawberry slice and then another pancake.
- When ready to serve, heat jam in microwave just until thin enough to drizzle.
- Drizzle small amount of jam over top of each of the pancake stacks.

## Nutrition Facts



## Properties

Glycemic Index:7.82, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:1.9430434872275%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-

gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 43.63kcal (2.18%), Fat: 0.75g (1.15%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 7.97g (2.9%), Sugar: 5.72g (6.36%), Cholesterol: 14.86mg (4.95%), Sodium: 11.56mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Vitamin C: 8.53mg (10.35%), Manganese: 0.08mg (3.86%), Vitamin B6: 0.06mg (2.78%), Vitamin B2: 0.05mg (2.71%), Phosphorus: 23.92mg (2.39%), Selenium: 1.61µg (2.3%), Fiber: 0.57g (2.29%), Potassium: 79.33mg (2.27%), Calcium: 18.39mg (1.84%), Folate: 7.35µg (1.84%), Magnesium: 6.16mg (1.54%), Vitamin B12: 0.09µg (1.46%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.19µg (1.23%), Copper: 0.02mg (1.16%)