

## Strawberry Banana Stuffed Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoons baking soda
- 0.5 cup banana ripe mashed
- 2 egg whites whole
- 0.3 cups nonfat greek yogurt
- 2 servings salt
- 10 strawberries fresh diced whole
- 1.5 teaspoons sugar
- 0.5 teaspoons vanilla extract

0.3 cups pastry flour whole wheat

## Equipment

bowl

sauce pan

whisk

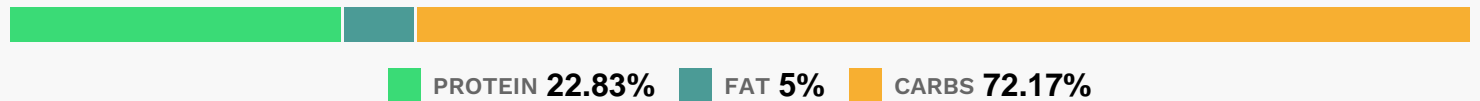
## Directions

Mix together the Greek yogurt, 1/4 cup banana, egg whites, and vanilla extract into a small bowl. In a separate bowl combine flour, baking soda, 1/2 teaspoon sugar, and salt.

Combine both bowls and whisk until evenly mixed. Fold in 5 fresh, chopped strawberries.

Add 1/4 cup mashed banana, 5 frozen strawberries, and 1 teaspoon of sugar in a sauce pan (if you use fresh strawberries, add 1 tablespoon of water to the sauce pan). Cook on low, stirring frequently until thickened (about 5–7 minutes.) Evenly divide sauce over top of pancakes

## Nutrition Facts



## Properties

Glycemic Index:82.43, Glycemic Load:7.61, Inflammation Score:-5, Nutrition Score:12.540869565217%

## Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Taste

Sweetness: 100%, Saltiness: 38.91%, Sourness: 36.94%, Bitterness: 15.35%, Savoriness: 27.42%, Fattiness: 49.35%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 170.94kcal (8.55%), Fat: 0.99g (1.52%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 27.78g (10.1%), Sugar: 12.01g (13.35%), Cholesterol: 1.67mg (0.56%), Sodium: 530.69mg (23.07%), Alcohol: 0.34g (1.91%), Protein: 10.16g (20.31%), Manganese: 1.16mg (57.77%), Vitamin C: 38.54mg (46.72%), Selenium: 22.3µg (31.85%), Vitamin B2: 0.3mg (17.67%), Fiber: 4.32g (17.26%), Phosphorus: 143.94mg (14.39%), Vitamin B6: 0.27mg (13.52%), Magnesium: 52.42mg (13.1%), Potassium: 396.13mg (11.32%), Vitamin B1: 0.14mg (9%), Folate: 34.23µg (8.56%), Vitamin B3: 1.58mg (7.89%), Copper: 0.15mg (7.68%), Iron: 1.12mg (6.2%), Calcium: 57.64mg (5.76%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.49mg (4.89%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.89µg (1.8%)