



Whole-Wheat Cinnamon Chocolate Pancakes

READY IN



35 min.

SERVINGS



10

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup percent milk low-fat
- 2 teaspoons double-acting baking powder
- 1 medium banana sliced
- 2 tablespoons canola oil
- 0.3 cup cinnamon and chocolate morsels miniature
- 2 large eggs separated
- 0.8 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 cup percent maple syrup

- 3 tablespoons sugar
- 0.5 cup flour whole-wheat

Equipment

- bowl
- frying pan
- ladle
- oven
- hand mixer

Directions

- Preheat the oven to 350 degrees F.
- Mix together the flours, sugar, baking powder and cinnamon in a large bowl.
- Mix together the milk, oil and egg yolks in a small bowl, and then add to the flour mixture and stir until smooth.
- Beat the egg whites in a small bowl on medium-high speed with an electric mixer until stiff. Gently fold into the batter, and then gently fold in the cinnamon and chocolate morsels.
- Spray a griddle with nonstick cooking spray and heat until hot. Ladle about 1/4 cup batter per pancake onto the hot griddle and cook until the tops are covered with bubbles and the edges look cooked, 2 to 3 minutes. Flip and cook the other side. Repeat with the remaining batter.
- Top each pancake with 2 to 3 slices of banana and top with 2 teaspoons maple syrup.

Nutrition Facts



PROTEIN 6.29% **FAT 27.2%** **CARBS 66.51%**

Properties

Glycemic Index:33.34, Glycemic Load:13.16, Inflammation Score:-2, Nutrition Score:6.8108695123507%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 200.4kcal (10.02%), Fat: 6.18g (9.5%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 32.74g (11.91%), Sugar: 19.37g (21.52%), Cholesterol: 38.61mg (12.87%), Sodium: 99.44mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Manganese: 0.72mg (36.21%), Vitamin B2: 0.33mg (19.51%), Selenium: 9.52µg (13.6%), Calcium: 106.12mg (10.61%), Vitamin B1: 0.13mg (8.88%), Phosphorus: 86.67mg (8.67%), Folate: 28.3µg (7.08%), Magnesium: 19.86mg (4.97%), Iron: 0.89mg (4.95%), Fiber: 1.23g (4.92%), Vitamin B3: 0.97mg (4.83%), Potassium: 164.62mg (4.7%), Vitamin B6: 0.09mg (4.64%), Vitamin E: 0.65mg (4.31%), Zinc: 0.54mg (3.63%), Vitamin B12: 0.19µg (3.19%), Vitamin B5: 0.3mg (3.03%), Copper: 0.05mg (2.59%), Vitamin K: 2.28µg (2.18%), Vitamin A: 81.34IU (1.63%), Vitamin C: 1.08mg (1.3%), Vitamin D: 0.18µg (1.22%)