



Whole Wheat, Oatmeal, and Banana Pancakes



Vegetarian



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 banana mashed
- ☐ 0.3 cup brown sugar
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 2 tablespoons milk powder dry

- ☐ 1 cup rolled oats uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup flour whole wheat

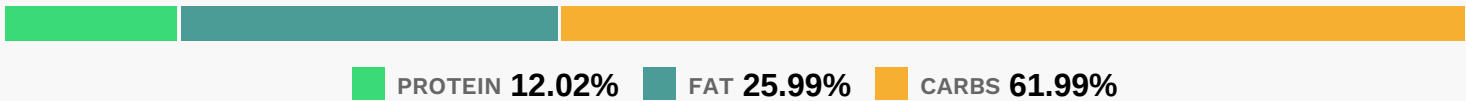
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Place the rolled oats into the jar of a blender and blend until the texture resembles coarse flour.
- ☐ Whisk together the blended oats, whole wheat flour, all-purpose flour, brown sugar, dry milk powder, baking powder, baking soda, and salt in a bowl; set aside.
- ☐ Whisk together the egg, milk, vegetable oil, and vanilla. Stir in the mashed banana.
- ☐ Pour the egg mixture into the flour mixture and stir just until moistened.
- ☐ Let the batter stand for 5 minutes.
- ☐ Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry, about 2 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:28.73, Glycemic Load:8.06, Inflammation Score:-3, Nutrition Score:8.0382609419201%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg 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: 171.41kcal (8.57%), Fat: 5.05g (7.77%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 24.88g (9.05%), Sugar: 8.27g (9.18%), Cholesterol: 19.73mg (6.58%), Sodium: 240.63mg (10.46%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 5.26g (10.51%), Manganese: 0.74mg (36.95%), Selenium: 13.04µg (18.63%), Phosphorus: 146.85mg (14.68%), Vitamin B1: 0.17mg (11.56%), Calcium: 115.12mg (11.51%), Vitamin B2: 0.16mg (9.47%), Fiber: 2.22g (8.88%), Magnesium: 34.42mg (8.6%), Iron: 1.21mg (6.74%), Folate: 25.06µg (6.26%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.83mg (5.55%), Potassium: 193.75mg (5.54%), Vitamin B12: 0.29µg (4.88%), Copper: 0.09mg (4.65%), Vitamin K: 4.73µg (4.5%), Vitamin B5: 0.45mg (4.45%), Vitamin D: 0.65µg (4.35%), Vitamin E: 0.37mg (2.44%), Vitamin A: 104.55IU (2.09%), Vitamin C: 0.96mg (1.17%)