



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Banana Egg Pancakes ♦♦

Banana Egg Pancakes are a delicious and healthy breakfast option. They are made with ripe bananas, eggs, and a few other simple ingredients. These pancakes are gluten-free, dairy-free, and have no added sugar. They are fluffy, moist, and packed with flavor. They are perfect for a quick and easy breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>200 g</b>	Ripe bananas
<b>100 g</b>	Eggs
<b>1 tsp</b>	baking powder
<b>1 tsp</b>	cinnamon
<b>1 tsp</b>	vanilla extract

1 tsp	salt
1 tsp	coconut oil

## Directions

---

### Step 1

In a bowl, mash the ripe bananas with a fork.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Mixing

Add the eggs, baking powder, cinnamon, vanilla extract, and salt to the mashed bananas. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

Heating

Heat a non-stick skillet over medium heat. Add a teaspoon of coconut oil to the skillet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 4

Cooking

Pour a small amount of the pancake batter onto the skillet to form a pancake. Cook for 2-3 minutes, or until bubbles form on the surface.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

---

## Step 5

Cooking

Flip the pancake and cook for an additional 2-3 minutes, or until golden brown. Repeat with the remaining batter.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

---

## Step 6

Serving

Serve the pancakes warm with your favorite toppings, such as fresh fruits, maple syrup, or yogurt.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 192 kcal

**Fat:** 7 g

**Protein:** 8 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	13 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	186 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	0 mg	0%	0%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	16 mcg	29.09%	29.09%

## Recipe Attributes

### Seasonality

Spring

### Meal Type

Breakfast

Lunch

Snack

Brunch

### Course

Breads

Snacks

### Cultural

Chinese New Year

Diwali

### Cost

Under \$10

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)