

# Banana Pancakes

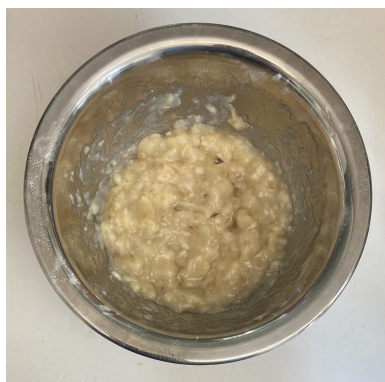
Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Breakfast Recipes	VG, NF	12	11.32 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	3 lb 0.00 oz	0%	3.00 lb	Non-Dairy Milk, Soy, unsweetened <i>vanilla</i>	For Buttermilk: In a medium bowl, stir ingredients in step 1 and allow to sit 10 minutes to curdle.
	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Vinegar, Apple Cider	



*Buttermilk.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	1 lb 1.40 oz	34%	1 lb 10.24 oz	Bananas, fresh, peeled, sliced <i>mashed</i>	For Pancakes: Combine ingredients in step 2 and stir into "buttermilk."
	3/4 cup	0 lb 5.68 oz	0%	0 lb 5.68 oz	Oil, Canola	

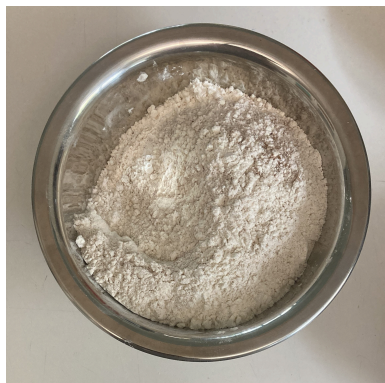


*Mash bananas.*

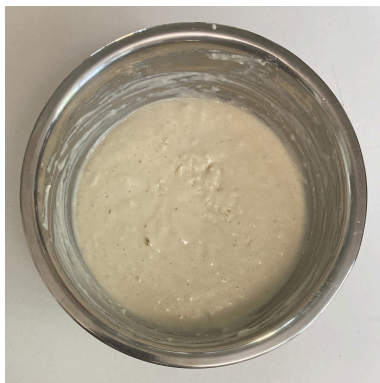


*Add bananas to buttermilk.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	9 cup	2 lb 9.40 oz	0%	2 lb 9.40 oz	Flour, All-Purpose	Combine ingredients in step 3 and stir into banana mixture. Leave batter slightly lumpy.
	3/4 cup	0 lb 5.32 oz	0%	0 lb 5.33 oz	Sugar, White, granulated	
	6 tbsp	0 lb 2.59 oz	0%	0 lb 2.59 oz	Baking Powder	
	2 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Cinnamon, ground	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	



*Combine dry ingredients.*



*Batter should be lumpy.*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	2 cup	0 lb 11.60 oz	34%	1 lb 1.50 oz		Bananas, fresh, peeled, sliced	On a greased flat top grill or large sauté pan, over medium heat, ladle batter into 4-inch circles and allow to cook 3-4 minutes. Add 3 slices of banana into pancake before flipping, then cook 3-4 minutes on other side, until golden brown. Pancakes can be held hot in hotel pans until ready for service.



*Portion batter to cook.*



*Add banana slices before flipping.*



*Flip pancake and cook through.*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
5							For Service: Portion 3 pancakes onto a plate and serve with maple syrup and desired toppings.



*Final- Banana Pancakes*

**RECIPE IMAGES**



*Banana Pancakes*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 7.79 oz	0 %	8 lb 7.79 oz	0 %	8 lb 7.79 oz
Size of portion	11.32 oz		11.32 oz		11.32 oz

**ADDITIONAL INFO**

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**MEMO**

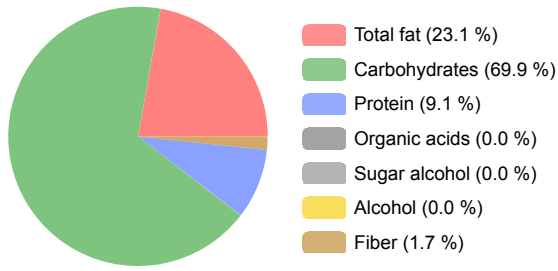
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**NUTRITION INFORMATION**

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals			RDI		
				kcal	RDI						
Total fat	16.48 g	21 %	23.06 %	631.90	31 %	Salt	0.79 g				
Saturated	1.47 g	7 %	2.05 %	2,643.86		Salt	0.25 %		Vitamin A	2.23 µg	0 %
Monounsaturated	9.05 g		12.67 %			Sodium	316.22 mg	14 %	Vitamin D	1.36 µg	7 %
Polyunsaturated	5.38 g		7.53 %			Phosphorus	578.20 mg	46 %	Thiamine	0.31 mg	26 %
Trans fatty acids	0.05 g		0.08 %			Potassium	1,113.97 mg	24 %	Riboflavin	0.33 mg	25 %
Cholesterol	0.00 mg	0 %				Iron	2.46 mg	14 %	Niacin	1.89 mg	12 %
Linolenic acid	2.97 g		4.16 %			Calcium	436.14 mg	34 %	Vitamin B6	0.35 mg	21 %
Alpha-linolenic acid	1,226.89 mg		1.72 %			Zinc	0.86 mg	8 %	Vitamin B12	1.26 µg	52 %
Total Carbohydrate	108.72 g	40 %	69.91 %			Magnesium	61.00 mg	15 %	Folate	0.00 µg	0 %
Sugars total	21.72 g	43 %				Iodine	0.00 µg	0 %	Vitamin C	6.01 mg	7 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	33.97 µg	62 %	Vitamin E	2.50 mg	17 %
Lactose	0.00 g					Copper	0.29 mg	32 %	Vitamin K	10.58 µg	9 %
Fiber	5.75 g	21 %	1.74 %						Others		
Organic acids	0.00 g		0.00 %						Water	175.76 g	
Sugar alcohol	0.00 g		0.00 %								
Starch	3.69 g		2.37 %								
Protein	14.15 g	28 %	9.10 %								
Alcohol	0.00 g		0.00 %								

### PERCENTAGE OF ENERGY



### CO2



0.09 kg

#### Comparable values

Snacks	0.96 kg
Main courses	1.35 kg
Desserts	0.61 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.