

Nutrition Information**: Healthy Banana Pancakes - plain and without toppings

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Nutrition				
Typical values	100g contains	A serving contains	%RI*	RI* for an average adult
Energy (kcal)	162.6	66.7	3 %	2000 kcal
Fat (g)	10.5	4.3	6 %	70 g
<i>of which saturates (g)</i>	2.1	0.9	4 %	20 g
<i>of which monounsaturates (g)</i>	5.6	2.3		
<i>of which polyunsaturates (g)</i>	1.8	0.7		
Carbohydrates (g)	8.9	3.7		
<i>of which sugars (g)</i>	7.8	3.2	4 %	90 g
<i>of which starch (g)</i>	1.2	0.5		
Fibre (g)	0.6	0.2		
Protein (g)	8.7	3.6		
Salt (g)	0.2	0.1	1 %	6 g

The above recipe contains: 6 servings

*Reference intake of an average adult (2000kcal)

Each serving (41 g) contains:					KEY:
Energy 66.7 kcal 3 %	Fat 4.3 g 6 %	Saturates 0.9 g 4 %	Sugars 3.2 g 4 %	Salt 0.1 g 1 %	LOW
					MEDIUM
					HIGH

of an adults reference intake

Typical values per 100g: 162.6 kcal

Vitamins and Minerals		
Typical values	100g contains	Each serving contains
Potassium (mg)	281.2	115.3
Calcium (mg)	48.4	19.9
Iron (mg)	1.2	0.5
Vit A (µg)	71.7	29.4
Vit D (µg)	1.6	0.6
Vit E (mg)	3.0	1.2
Vit K (µg)	0.1	0.0
Vit B6 (mg)	0.2	0.1
Vit B12 (mg)	1.3	0.5
Vit C (mg)	3.7	1.5
Folate (µg)	33.3	13.7

