



100-Stroke Banana Bread



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas ripe
- ☐ 0.3 cup canola oil
- ☐ 1 eggs
- ☐ 1.5 cups flour
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup walnuts crushed

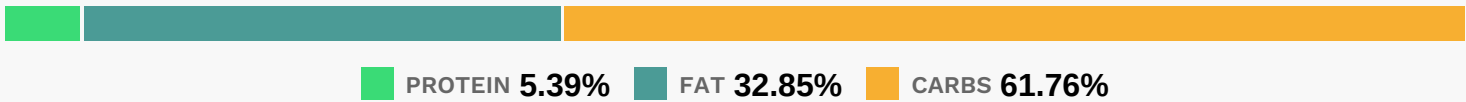
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Mash bananas with sugar, oil, and egg.2
- ☐ Add other ingredients in order listed.3 Stir 100 strokes.4
- ☐ Bake in oiled loaf pan for 1 hour at 325 degrees.

Nutrition Facts



Properties

Glycemic Index:21.99, Glycemic Load:28.31, Inflammation Score:-3, Nutrition Score:6.3313044102296%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 270.81kcal (13.54%), Fat: 10.2g (15.69%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 41.31g (15.02%), Sugar: 24.5g (27.22%), Cholesterol: 16.37mg (5.46%), Sodium: 349.28mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 0.43mg (21.29%), Folate: 49.19µg (12.3%), Selenium: 8.47µg (12.1%), Vitamin B1: 0.18mg (11.99%), Vitamin B2: 0.15mg (8.89%), Vitamin B6: 0.18mg (8.85%), Copper: 0.15mg (7.62%), Vitamin E: 1.11mg (7.43%), Fiber: 1.82g (7.27%), Vitamin B3: 1.41mg (7.06%), Iron: 1.22mg (6.78%), Magnesium: 23.46mg (5.86%), Phosphorus: 56.99mg (5.7%), Potassium: 179.11mg (5.12%), Vitamin K: 4.4µg (4.19%), Vitamin C: 3.16mg (3.83%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.42mg (2.83%), Calcium: 13.12mg (1.31%)