



# Almost No Fat Banana Bread

 Vegetarian  Dairy Free  Popular

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana   mashed
- ☐ 2   egg whites
- ☐ 1.5 cups flour   all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup sugar   white

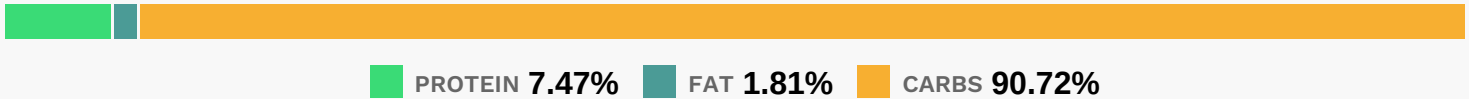
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
- ☐ In a large bowl, stir together flour, sugar, baking powder, baking soda and cinnamon.
- ☐ Add egg whites, bananas and applesauce; stir just until combined.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of loaf comes out clean. Turn out onto wire rack and allow to cool before slicing.

# Nutrition Facts



# Properties

Glycemic Index:74.22, Glycemic Load:56.53, Inflammation Score:-4, Nutrition Score:9.3704347876103%

# Flavonoids

Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

# Nutrients (% of daily need)

Calories: 363.86kcal (18.19%), Fat: 0.75g (1.15%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 84.05g (28.02%), Net Carbohydrates: 81.51g (29.64%), Sugar: 43.67g (48.52%), Cholesterol: 0mg (0%), Sodium: 296.22mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Selenium: 19.55µg (27.93%), Vitamin B1: 0.38mg (25.61%), Folate: 94.35µg (23.59%), Manganese: 0.47mg (23.59%), Vitamin B2: 0.34mg (19.8%), Vitamin B3: 3.05mg

(15.24%), Iron: 2.5mg (13.87%), Fiber: 2.54g (10.17%), Phosphorus: 89.43mg (8.94%), Calcium: 86.9mg (8.69%),  
Vitamin B6: 0.16mg (8.18%), Potassium: 222.22mg (6.35%), Magnesium: 23.03mg (5.76%), Copper: 0.11mg (5.4%),  
Vitamin C: 3.42mg (4.15%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.4mg (2.68%)