



Apple Banana Bread

 Vegetarian  Dairy Free

READY IN



220 min.

SERVINGS



16

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups corn flakes/bran flakes fiber honey clusters®
- 0.8 cup sugar
- 0.3 cup vegetable oil
- 6 oz apples fat free 99% crisp yoplait®
- 2 teaspoons vanilla
- 1 eggs
- 1 cup banana very ripe mashed (2 medium)
- 2 cups flour all-purpose

- 1 teaspoon baking soda
- 0.3 teaspoon salt
- 1 cup apples diced peeled

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Heat oven to 350°F. Grease bottom only of 9x5-inch loaf pan.
- Place cereal in resealable food-storage plastic bag; seal bag, and crush with rolling pin or meat mallet (or crush in food processor).
- In large bowl, beat sugar and oil with electric mixer on medium speed until well mixed. On low speed, beat in yogurt, vanilla and egg until smooth. Beat in bananas. Beat in flour, baking soda and salt until well blended.
- Stir in crushed cereal and diced apples just until mixed.
- Spread in pan.
- Bake 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- Remove from pan to cooling rack. Cool completely, about 2 hours, before slicing.

Nutrition Facts

PROTEIN 6.25% FAT 21.68% CARBS 72.07%

Properties

Glycemic Index:21.01, Glycemic Load:19.13, Inflammation Score:-4, Nutrition Score:6.3656521465467%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 162.79kcal (8.14%), Fat: 4.02g (6.18%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 28.03g (10.19%), Sugar: 13.46g (14.96%), Cholesterol: 10.23mg (3.41%), Sodium: 136.37mg (5.93%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Protein: 2.61g (5.21%), Folate: 65.66µg (16.42%), Manganese: 0.32mg (15.96%), Vitamin B1: 0.19mg (12.99%), Selenium: 8.92µg (12.74%), Iron: 2.23mg (12.37%), Vitamin B2: 0.17mg (10.21%), Vitamin B3: 1.84mg (9.2%), Fiber: 2.02g (8.09%), Vitamin B6: 0.14mg (6.93%), Vitamin K: 6.84µg (6.52%), Phosphorus: 48.89mg (4.89%), Magnesium: 18.73mg (4.68%), Vitamin B12: 0.27µg (4.57%), Copper: 0.06mg (3.14%), Vitamin A: 155.81IU (3.12%), Potassium: 101.4mg (2.9%), Zinc: 0.42mg (2.79%), Vitamin E: 0.4mg (2.65%), Vitamin C: 1.66mg (2.02%), Vitamin B5: 0.2mg (1.97%), Vitamin D: 0.22µg (1.47%)