



Banana-Apricot Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas very ripe peeled mashed
- ☐ 4 tablespoons butter chilled cut into small pieces
- ☐ 1 cup buttermilk
- ☐ 0.5 cup apricots dried chopped
- ☐ 2 eggs beaten
- ☐ 3 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped

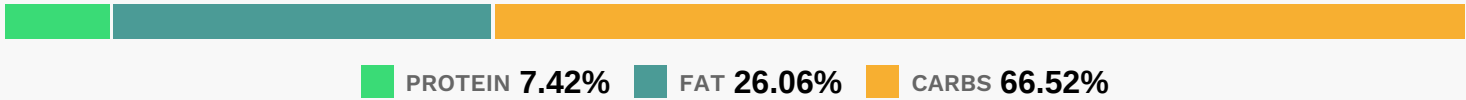
Equipment

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

Directions

- ☐ Heat oven to 350 F. Lightly coat a 5-by-9-inch loaf pan with vegetable cooking spray.
- ☐ Combine the flour, sugar, baking powder, baking soda, and cinnamon in a large bowl. Using your fingertips or a pastry blender, work the butter into the dry ingredients until it looks like coarse crumbs.
- ☐ Mix in the pecans and apricots. Stir in the bananas, buttermilk, and eggs until well blended.
- ☐ Pour into pan.
- ☐ Bake 60 minutes or until a toothpick inserted in the center of the loaf comes out clean. Turn onto a wire rack.
- ☐ VARIATIONS: Substitute 1/2 cup flaked coconut or any dried fruit (such as golden or brown raisins or dates) for the dried apricots.

Nutrition Facts



Properties

Glycemic Index:52.66, Glycemic Load:49.34, Inflammation Score:-6, Nutrition Score:13.342608799105%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg 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: 449.46kcal (22.47%), Fat: 13.32g (20.49%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 76.48g (25.49%), Net Carbohydrates: 72.95g (26.53%), Sugar: 35.35g (39.28%), Cholesterol: 59.27mg (19.76%), Sodium: 337.3mg (14.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Manganese: 0.79mg (39.31%), Selenium: 21.39µg (30.55%), Vitamin B1: 0.44mg (29.57%), Folate: 101.79µg (25.45%), Vitamin B2: 0.38mg (22.37%), Iron: 3mg (16.66%), Vitamin B3: 3.33mg (16.63%), Phosphorus: 153.77mg (15.38%), Fiber: 3.53g (14.13%), Calcium: 121.82mg (12.18%), Vitamin A: 602.97IU (12.06%), Copper: 0.22mg (11.09%), Potassium: 353.2mg (10.09%), Vitamin B6: 0.2mg (10.07%), Magnesium: 35.22mg (8.8%), Vitamin B5: 0.71mg (7.11%), Zinc: 0.99mg (6.59%), Vitamin E: 0.81mg (5.43%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.61µg (4.07%), Vitamin C: 3.12mg (3.79%), Vitamin K: 1.49µg (1.42%)