



Banana Banana Bread



Vegetarian



Popular

READY IN



75 min.

SERVINGS



12

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2.3 cups very overripe bananas mashed
- ☐ 0.8 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 large eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt

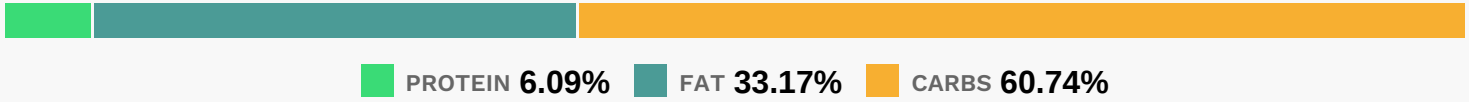
Equipment

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

Directions

- ☐ Preheat oven to 350°.2 Lightly grease 9 x 5 loaf pan.3 In large bowl, combine flour, soda and salt.4 In separate bowl, cream together butter and brown sugar.5 Stir in eggs and mashed bananas until well blended.6 Stir banana mixture into flour mixture; stir just to moisten.7
- ☐ Pour batter into prepared loaf pan.8
- ☐ Bake in preheated oven for 60–65 minutes until a toothpick inserted into center of loaf comes out clean.9
- ☐ Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Nutrition Facts



Properties

Glycemic Index:14.98, Glycemic Load:14.73, Inflammation Score:-3, Nutrition Score:5.4443478169649%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 233.77kcal (11.69%), Fat: 8.76g (13.48%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 34.78g (12.65%), Sugar: 16.99g (18.88%), Cholesterol: 51.34mg (17.11%), Sodium: 216.86mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Selenium: 10.17µg (14.53%), Folate: 48.3µg (12.07%), Vitamin B1: 0.18mg (11.76%), Manganese: 0.23mg (11.6%), Vitamin B2: 0.17mg (9.74%), Vitamin B3: 1.45mg (7.25%), Iron: 1.29mg (7.16%), Vitamin B6: 0.14mg (6.81%), Vitamin A: 300.03IU (6%), Fiber: 1.32g (5.28%), Phosphorus: 48.24mg (4.82%), Potassium: 158.78mg (4.54%), Magnesium: 14.89mg (3.72%), Vitamin B5: 0.34mg

(3.45%), Copper: 0.07mg (3.26%), Vitamin C: 2.54mg (3.08%), Vitamin E: 0.35mg (2.32%), Calcium: 22.96mg (2.3%), Zinc: 0.31mg (2.07%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.17µg (1.11%)