

Banana Banana Bread

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2.3 cups banana mashed
- 0.8 cup brown sugar
- 0.5 cup butter
- 2 eggs beaten
- 2 cups flour all-purpose
- 0.3 teaspoon salt

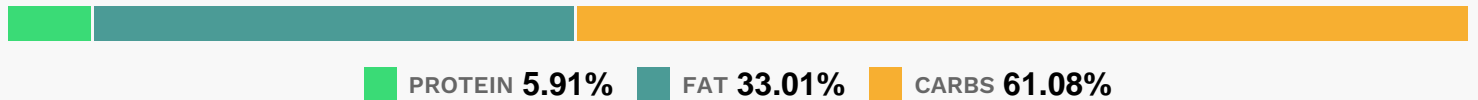
Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten.
- Pour batter into prepared loaf pan.
- Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean.
- Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:22.1, Inflammation Score:-5, Nutrition Score:8.0291304173677%

Flavonoids

Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 348.52kcal (17.43%), Fat: 13g (20%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 52.16g (18.97%), Sugar: 25.48g (28.31%), Cholesterol: 71.42mg (23.81%), Sodium: 323.15mg (14.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Selenium: 14.8µg (21.14%), Folate: 71.74µg (17.93%), Vitamin B1: 0.26mg (17.6%), Manganese: 0.35mg (17.39%), Vitamin B2: 0.24mg (14.2%), Vitamin B3: 2.17mg (10.86%), Iron: 1.91mg (10.59%), Vitamin B6: 0.2mg (10.09%), Vitamin A: 441.95IU (8.84%), Fiber: 1.98g (7.93%),

Phosphorus: 69.39mg (6.94%), Potassium: 236.09mg (6.75%), Magnesium: 22.15mg (5.54%), Vitamin B5: 0.49mg (4.94%), Copper: 0.1mg (4.84%), Vitamin C: 3.81mg (4.61%), Vitamin E: 0.51mg (3.38%), Calcium: 33.6mg (3.36%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.34µg (1.27%)