



Banana Blueberry Bread

READY IN



145 min.

SERVINGS



48

CALORIES



124 kcal

Ingredients

- 2 teaspoons baking soda
- 5 medium banana ripe mashed
- 1 cup butter softened
- 1 cup blueberries dried
- 4 eggs
- 3 cups flour all-purpose
- 1 cup cream sour reduced-fat
- 1 teaspoon salt
- 1.7 cups sugar
- 2 teaspoons vanilla

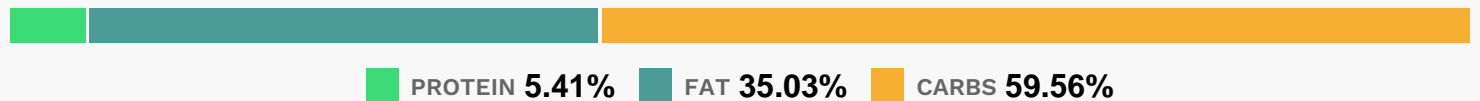
Equipment

- bowl
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Move oven rack to low position so that tops of pans will be in center of oven.
- Heat oven to 350F. Grease bottoms only of 2 loaf pans, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches.
- In large bowl, beat butter and sugar with electric mixer on medium speed until blended. Stir in eggs until well blended.
- Add bananas, sour cream and vanilla. Beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in blueberries.
- Pour into pans.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely on wire rack before slicing. Wrap tightly and store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:10.52, Inflammation Score:-2, Nutrition Score:2.4495652233777%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 124.02kcal (6.2%), Fat: 4.89g (7.52%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17.75g (6.45%), Sugar: 10.25g (11.38%), Cholesterol: 15.32mg (5.11%), Sodium: 149.02mg (6.48%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.7g (3.39%), Selenium: 4.09µg (5.84%), Folate: 19.05µg (4.76%), Vitamin B1: 0.07mg (4.6%), Manganese: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.31%), Vitamin A: 212.55IU (4.25%), Fiber: 0.95g (3.79%), Iron: 0.53mg (2.92%), Vitamin B6: 0.06mg (2.81%), Vitamin B3: 0.55mg (2.75%), Potassium: 94.96mg (2.71%), Phosphorus: 22.9mg (2.29%), Magnesium: 6.12mg (1.53%), Vitamin E: 0.22mg (1.44%), Calcium: 13.8mg (1.38%), Vitamin B5: 0.14mg (1.36%), Vitamin C: 1.12mg (1.36%), Copper: 0.02mg (1.24%)