



WHAT'SheATE



Banana Bran Bread from 500 Healthy s



Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



119 kcal

BREAD

Ingredients

- ☐ 0.5 cup agave syrup
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup bananas mashed
- ☐ 1.3 cups natural bran
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.8 cup nonfat yogurt

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups flour whole wheat

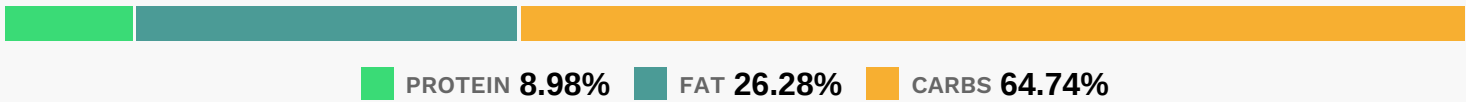
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 9×5 inch metal loaf pan.In a large bowl, stir together the flour, bran, baking soda, baking powder, salt, nutmeg and cinnamon.In a mixing bowl, stir together the mashed bananas, yogurt, syrup and oil.
- ☐ Add the flour mixture to the yogurt mixture and stir until blended.
- ☐ Pour in the pan and bake on center rack for about 55 minutes.
- ☐ Let cool completely.

Nutrition Facts



Properties

Glycemic Index:16.49, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:7.1039129949134%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.18kcal (5.96%), Fat: 3.92g (6.04%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 18.41g (6.69%), Sugar: 9.02g (10.02%), Cholesterol: 0.23mg (0.08%), Sodium: 218.61mg (9.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Manganese: 0.95mg (47.42%), Selenium: 9.87µg

(14.1%), Fiber: 3.34g (13.35%), Magnesium: 46.71mg (11.68%), Phosphorus: 105.99mg (10.6%), Vitamin B6: 0.15mg (7.75%), Vitamin K: 6.63µg (6.32%), Vitamin B3: 1.19mg (5.95%), Vitamin B1: 0.08mg (5.39%), Calcium: 52.32mg (5.23%), Iron: 0.9mg (4.99%), Copper: 0.1mg (4.86%), Potassium: 167.55mg (4.79%), Zinc: 0.71mg (4.72%), Vitamin B2: 0.08mg (4.64%), Folate: 11.94µg (2.99%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.28mg (2.76%), Vitamin C: 1.33mg (1.61%), Vitamin B12: 0.07µg (1.17%)