



Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 banana ripe smashed
- 1 cup butter melted
- 1 cup sugar
- 1 eggs beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1.5 cups flour all-purpose

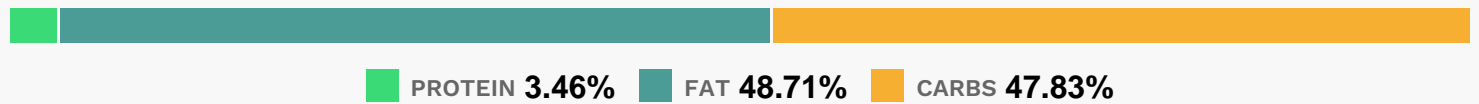
Equipment

- oven
- blender
- loaf pan

Directions

- Preheat the oven to 350 degree. In big bow smashed banana and add melted butter, then add sugar, egg, and vanilla. Keep mixer then add flour, salt and baking soda mixed well then pour buttered into 8 X 3.75 inch loaf pan.
- Bake for 1 hour. keep cool on the rack. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:47.06, Inflammation Score:-6, Nutrition Score:9.0473913043478%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 8.14%, Sourness: 11.34%, Bitterness: 9.86%, Savoriness: 7.5%, Fattiness: 81.4%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 578.27kcal (28.91%), Fat: 31.99g (49.21%), Saturated Fat: 19.79g (123.69%), Carbohydrates: 70.66g (23.55%), Net Carbohydrates: 68.28g (24.83%), Sugar: 40.68g (45.2%), Cholesterol: 108.62mg (36.21%), Sodium: 825.27mg (35.88%), Alcohol: 0.23g (1.27%), Protein: 5.12g (10.23%), Vitamin A: 1022.81IU (20.46%), Selenium: 14.02µg (20.02%), Manganese: 0.38mg (18.92%), Folate: 73.57µg (18.39%), Vitamin B1: 0.27mg (17.9%), Vitamin B2: 0.25mg (14.75%), Vitamin B6: 0.24mg (12.2%), Vitamin B3: 2.26mg (11.31%), Iron: 1.76mg (9.78%), Fiber: 2.38g (9.51%), Potassium: 265.59mg (7.59%), Phosphorus: 70.37mg (7.04%), Vitamin E: 1.03mg (6.88%), Vitamin C: 5.13mg (6.22%), Magnesium: 24.53mg (6.13%), Copper: 0.1mg (4.97%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.44mg

(2.94%), Vitamin K: 3.06µg (2.91%), Vitamin B12: 0.13µg (2.16%), Calcium: 21.47mg (2.15%)