



Banana Bread

READY IN



150 min.

SERVINGS



24

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups banana very ripe mashed (3 to 4 medium)
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup nuts chopped
- ☐ 1 teaspoon salt
- ☐ 1.3 cups sugar

☐ 1 teaspoon vanilla

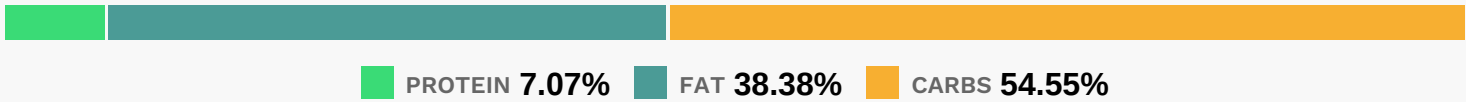
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ 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 inches, or 1 loaf pan, 9x5x3 inches.
- ☐ Mix sugar and butter in large bowl. Stir in eggs until well blended.
- ☐ Add bananas, buttermilk and vanilla. Beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts.
- ☐ Pour into pans.
- ☐ Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 1/4 hours, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:10.86, Glycemic Load:15.86, Inflammation Score:-3, Nutrition Score:4.1239130516415%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg 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: 174.31kcal (8.72%), Fat: 7.6g (11.69%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 23.17g (8.42%), Sugar: 11.85g (13.17%), Cholesterol: 14.19mg (4.73%), Sodium: 198.74mg (8.64%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3.15g (6.3%), Manganese: 0.23mg (11.63%), Selenium: 5.88µg (8.4%), Vitamin B1: 0.12mg (8.1%), Folate: 30.72µg (7.68%), Vitamin B2: 0.11mg (6.61%), Vitamin B3: 1.12mg (5.61%), Phosphorus: 54.83mg (5.48%), Copper: 0.11mg (5.38%), Iron: 0.92mg (5.12%), Magnesium: 20mg (5%), Fiber: 1.14g (4.54%), Vitamin A: 204.11IU (4.08%), Vitamin B6: 0.07mg (3.32%), Potassium: 97.59mg (2.79%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.24mg (2.4%), Calcium: 16.03mg (1.6%), Vitamin E: 0.21mg (1.37%), Vitamin C: 0.85mg (1.03%), Vitamin B12: 0.06µg (1.01%)