



Banana Bread



Vegetarian



Popular

READY IN



150 min.

SERVINGS



24

CALORIES



174 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

- ☐ 1 teaspoon salt
- ☐ 1 cup nuts chopped

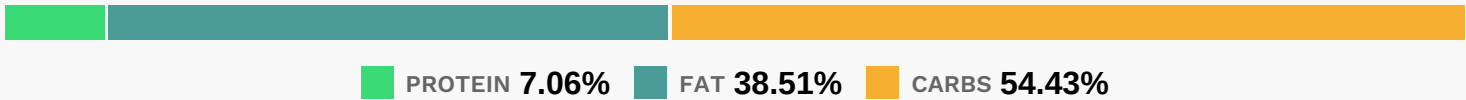
Equipment

- ☐ 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 350°F. 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:12.94, Glycemic Load:15.87, Inflammation Score:-2, Nutrition Score:4.0865217227003%

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: 174.22kcal (8.71%), Fat: 7.63g (11.74%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 23.13g (8.41%), Sugar: 11.86g (13.17%), Cholesterol: 24.36mg (8.12%), Sodium: 184.55mg (8.02%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 3.15g (6.3%), Manganese: 0.23mg (11.63%), Selenium: 5.93µg (8.47%), Vitamin B1: 0.12mg (8.08%), Folate: 30.82µg (7.7%), Vitamin B2: 0.11mg (6.6%), Vitamin B3: 1.12mg (5.62%), Phosphorus: 54.88mg (5.49%), Copper: 0.11mg (5.38%), Iron: 0.92mg (5.13%), Magnesium: 19.95mg (4.99%), Fiber: 1.14g (4.54%), Vitamin B6: 0.07mg (3.31%), Vitamin A: 153.13IU (3.06%), Potassium: 96.73mg (2.76%), Zinc: 0.41mg (2.7%), Vitamin B5: 0.24mg (2.41%), Calcium: 15.74mg (1.57%), Vitamin E: 0.17mg (1.13%), Vitamin B12: 0.06µg (1.06%), Vitamin C: 0.84mg (1.02%)