



Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup bananas mashed
- ☐ 1 large egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup t brown sugar dark light
- ☐ 1 tablespoon milk
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon vanilla extract

- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup walnuts chopped

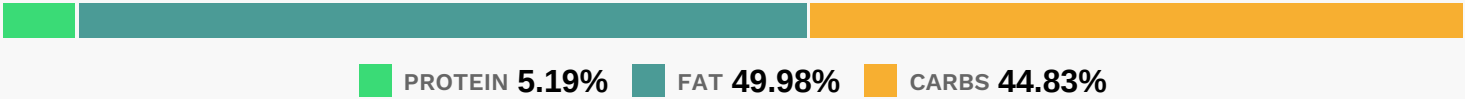
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ slow cooker
- ☐ canning jar

Directions

- ☐ Place a cookie cutter, Mason jar ring, or a ring made from aluminum foil inside the slow cooker. Butter a 5-inch mini loaf pan and set aside.
- ☐ Whisk together the flour, baking soda, and salt in a small bowl.
- ☐ Add oil, brown sugar, egg yolk, banana, milk, and vanilla, stirring just until flour mixture is incorporated. Fold in nuts.
- ☐ Scrape batter into prepared loaf pan.
- ☐ Transfer loaf pan to sit on top of ring in slow cooker.
- ☐ Place paper towels, still attached together, folded as necessary, over the top of the slow cooker. Cover and cook on High for 2 hours. When a toothpick inserted in the middle of the loaf comes out clean, the bread is cooked. If it does not emerge clean, continue cooking an additional 30 minutes.
- ☐ Carefully remove the loaf pan from the slow cooker. Run a knife around the inside of the loaf pan and turn the loaf out onto a rack to cool.
- ☐ Serve warm or at room temperature.
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Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:5.95, Inflammation Score:-1, Nutrition Score:3.5656521838644%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 144.76kcal (7.24%), Fat: 8.23g (12.66%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.79g (5.74%), Sugar: 8.63g (9.59%), Cholesterol: 23.17mg (7.72%), Sodium: 43.09mg (1.87%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Protein: 1.92g (3.85%), Manganese: 0.22mg (11.12%), Vitamin K: 9.59µg (9.14%), Selenium: 4.28µg (6.11%), Folate: 23.86µg (5.97%), Vitamin B1: 0.08mg (5.53%), Vitamin B6: 0.09mg (4.31%), Copper: 0.09mg (4.27%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 34.65mg (3.47%), Vitamin E: 0.52mg (3.45%), Iron: 0.61mg (3.41%), Fiber: 0.82g (3.29%), Magnesium: 12.27mg (3.07%), Vitamin B3: 0.61mg (3.03%), Potassium: 89.47mg (2.56%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.25mg (1.65%), Calcium: 16.24mg (1.62%), Vitamin C: 1.27mg (1.54%)