



Banana Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 medium banana very ripe peeled mashed
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 0.1 teaspoon salt
- ☐ 1 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 3 ingredients in a large bowl.
- ☐ Combine sweetener and next 3 ingredients; add to flour mixture, stirring just until moist.
- ☐ Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 to 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on wire rack.
- ☐ carbo rating: 14

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:5.48, Inflammation Score:-2, Nutrition Score:4.2095652909383%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 83.16kcal (4.16%), Fat: 2.03g (3.12%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.54g (4.92%), Sugar: 3.65g (4.06%), Cholesterol: 11.63mg (3.88%), Sodium: 134.53mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Manganese: 0.41mg (20.61%), Selenium: 7.21µg (10.31%), Vitamin B6: 0.15mg (7.3%), Fiber: 1.68g (6.7%), Vitamin B1: 0.08mg (5.26%), Phosphorus: 49.55mg (4.96%), Magnesium: 19.59mg (4.9%), Folate: 17.83µg (4.46%), Potassium: 142.12mg (4.06%), Vitamin B2: 0.07mg (4.01%), Vitamin B3: 0.8mg (4.01%), Iron: 0.61mg (3.39%), Vitamin C: 2.57mg (3.12%), Copper: 0.06mg (3.08%), Calcium: 21.59mg (2.16%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.31mg (2.05%), Vitamin A: 99.03IU (1.98%), Vitamin E: 0.17mg (1.15%)