



Banana Bread



Vegetarian



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 pinch salt
- ☐ 1 cup sugar (can easily reduce to)
- ☐ 1 teaspoon vanilla

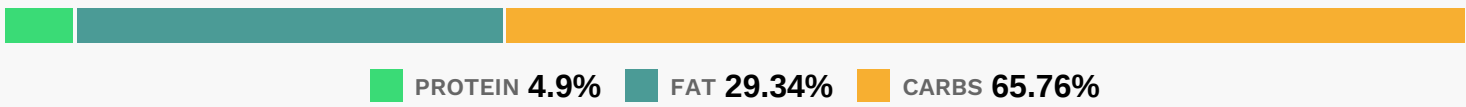
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ loaf pan
- ☐ wooden spoon

Directions

- ☐ No need for a mixer for this recipe. Preheat the oven to 350°F (175°C). With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.
- ☐ Mix in the sugar, egg, and vanilla.
- ☐ Sprinkle the baking soda and salt over the mixture and mix in.
- ☐ Add the flour last, mix.
- ☐ Pour mixture into a buttered 4x8 inch loaf pan.
- ☐ Bake for 1 hour. Cool on a rack.
- ☐ Remove from pan and slice to serve.

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:30.39, Inflammation Score:-3, Nutrition Score:4.1234782208567%

Nutrients (% of daily need)

Calories: 258.68kcal (12.93%), Fat: 8.5g (13.08%), Saturated Fat: 5.07g (31.69%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 42.26g (15.37%), Sugar: 25.1g (27.89%), Cholesterol: 40.8mg (13.6%), Sodium: 211.04mg (9.18%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Protein: 3.19g (6.39%), Selenium: 9.88µg (14.11%), Vitamin B1: 0.19mg (12.45%), Folate: 45.76µg (11.44%), Vitamin B2: 0.15mg (8.79%), Manganese: 0.16mg (8.18%), Vitamin B3: 1.39mg (6.97%), Iron: 1.2mg (6.66%), Vitamin A: 266.06IU (5.32%), Phosphorus: 38.5mg (3.85%), Fiber: 0.63g (2.53%), Copper: 0.04mg (1.99%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.29mg (1.94%), Zinc: 0.25mg (1.64%), Magnesium: 6.07mg (1.52%), Vitamin B12: 0.06µg (1.08%), Potassium: 36.18mg (1.03%)