

## Banana Bread III

READY IN



60 min.

SERVINGS



15

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 6 bananas
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 tablespoons butter
- ☐ 1 cup milk
- ☐ 2 tablespoons sugar white

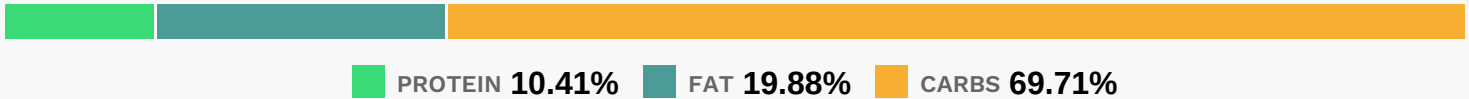
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a large bowl, mix together margarine and sugar until smooth.
- ☐ Mix in yolks. Stir in flour and baking powder alternately with the milk.
- ☐ In another bowl, beat egg whites until doubled in volume. Fold beaten whites into the dough.
- ☐ Spread into a greased 9 x 12 inch pan. Slice bananas over the top of the dough. In a small bowl, mix together the 2 tablespoons sugar and the cinnamon; sprinkle over bananas.
- ☐ Bake at 350 degrees F (175 degrees C) for 30 to 35 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.

# Nutrition Facts



# Properties

Glycemic Index:22.32, Glycemic Load:20.63, Inflammation Score:-4, Nutrition Score:7.3813043120115%

# Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 184.53kcal (9.23%), Fat: 4.15g (6.38%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 32.72g (10.91%), Net Carbohydrates: 30.75g (11.18%), Sugar: 8.27g (9.19%), Cholesterol: 40.83mg (13.61%), Sodium: 130.07mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Selenium: 12.49µg (17.84%), Manganese: 0.32mg (16.23%), Folate: 60.72µg (15.18%), Vitamin B1: 0.23mg (15.13%), Vitamin B2: 0.23mg (13.36%), Vitamin B6: 0.21mg

(10.38%), Vitamin B3: 1.82mg (9.08%), Phosphorus: 87.01mg (8.7%), Iron: 1.49mg (8.25%), Calcium: 80.38mg (8.04%), Fiber: 1.97g (7.9%), Potassium: 235.77mg (6.74%), Magnesium: 21.42mg (5.35%), Vitamin C: 4.12mg (4.99%), Vitamin B5: 0.45mg (4.5%), Vitamin A: 209.02IU (4.18%), Copper: 0.08mg (3.89%), Vitamin B12: 0.17µg (2.77%), Zinc: 0.4mg (2.67%), Vitamin D: 0.37µg (2.49%), Vitamin E: 0.25mg (1.69%)