



Banana Bread IV

 Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



384 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 5 bananas very ripe
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 tablespoon vanilla extract
- ☐ 2.5 cups sugar white

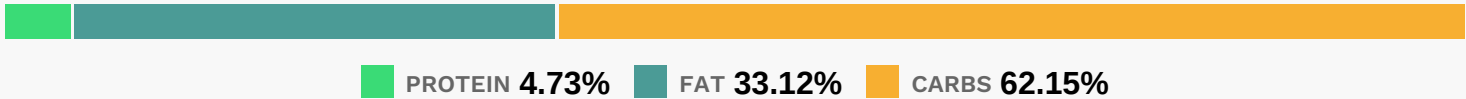
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease 2 – 9x5 inch loaf pans. In a medium bowl, mash bananas and stir in the eggs until well blended. Set aside.
- ☐ In large bowl, beat shortening and gradually add sugar. Stir in vanilla and banana mixture.
- ☐ Whisk together flour, baking soda, and salt; blend into batter.
- ☐ Add walnuts if desired. Divide between the prepared pans.
- ☐ Bake for 1 hour 15 minutes in the preheated oven, or until a toothpick inserted into the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:12.49, Glycemic Load:40.99, Inflammation Score:-3, Nutrition Score:6.9930434745291%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 383.99kcal (19.2%), Fat: 14.35g (22.07%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 60.58g (20.19%), Net Carbohydrates: 58.88g (21.41%), Sugar: 35.9g (39.89%), Cholesterol: 40.92mg (13.64%), Sodium: 299.58mg (13.03%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 4.61g (9.23%), Selenium: 13.2µg (18.86%), Folate: 62.58µg (15.65%), Vitamin B1: 0.23mg (15.54%), Manganese: 0.29mg (14.63%), Vitamin B2: 0.22mg (12.88%),

Vitamin B3: 1.87mg (9.36%), Iron: 1.58mg (8.8%), Vitamin B6: 0.17mg (8.32%), Fiber: 1.7g (6.79%), Vitamin K: 7.12µg (6.78%), Vitamin E: 0.95mg (6.36%), Phosphorus: 59.47mg (5.95%), Potassium: 178.31mg (5.09%), Vitamin B5: 0.5mg (4.99%), Magnesium: 17.39mg (4.35%), Copper: 0.08mg (3.95%), Vitamin C: 3.21mg (3.89%), Zinc: 0.39mg (2.62%), Vitamin A: 83IU (1.66%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Calcium: 12.73mg (1.27%)