



## Banana Bread (lighter )

READY IN



150 min.

SERVINGS



24

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups banana very ripe mashed (3 to 4 medium)
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup eggs fat-free
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup butter softened
- ☐ 1 cup nuts chopped
- ☐ 1 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla

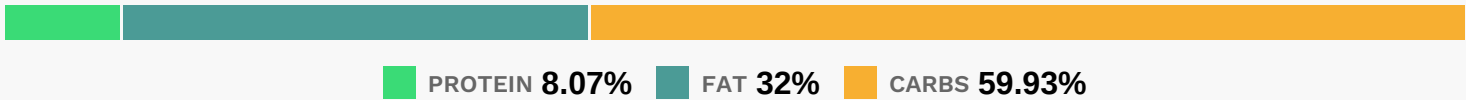
## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

## Directions

- ☐ Move oven rack to low position so that tops of pans will be in center of oven.
- ☐ Heat oven to 350F. Grease bottoms only of 2 loaf pans, 8 1/2x4 1/2x2 1/2 inches, or 1 loaf pan, 9x5x3 inches.
- ☐ Mix sugar, applesauce and margarine in large bowl. Stir in egg product until well blended.
- ☐ Add bananas, buttermilk and vanilla. Beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts.
- ☐ Pour into pans.
- ☐ Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 1/4 hours, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 1 hour, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

## Nutrition Facts



## Properties

Glycemic Index:10.86, Glycemic Load:15.86, Inflammation Score:-2, Nutrition Score:4.1682608331675%

## Flavonoids

Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 160.37kcal (8.02%), Fat: 5.83g (8.97%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 23.42g (8.52%), Sugar: 12.1g (13.44%), Cholesterol: 19.38mg (6.46%), Sodium: 178.48mg (7.76%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.31g (6.62%), Manganese: 0.23mg (11.68%), Selenium: 6.32µg (9.03%), Vitamin B1: 0.12mg (8.16%), Folate: 31.43µg (7.86%), Vitamin B2: 0.12mg (6.98%), Phosphorus: 57.18mg (5.72%), Vitamin B3: 1.12mg (5.62%), Copper: 0.11mg (5.47%), Iron: 0.95mg (5.29%), Magnesium: 20.17mg (5.04%), Fiber: 1.16g (4.65%), Vitamin B6: 0.07mg (3.46%), Potassium: 100.4mg (2.87%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.26mg (2.6%), Vitamin A: 127.81IU (2.56%), Calcium: 16.2mg (1.62%), Vitamin B12: 0.07µg (1.17%), Vitamin D: 0.17µg (1.11%), Vitamin C: 0.87mg (1.05%), Vitamin E: 0.15mg (1.01%)