

Banana Bread VI



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



588 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 bananas ripe mashed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts chopped
- ☐ 0.7 cup sugar white

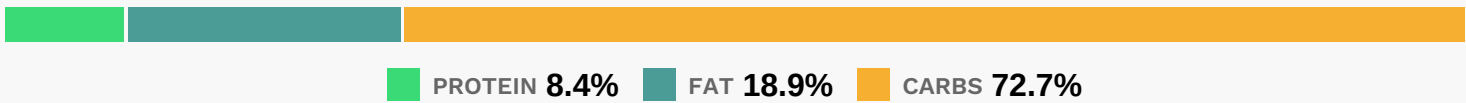
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 8x4 inch loaf pan and set aside.
- ☐ In a large bowl, sift together the flour, baking powder, and salt. Set aside.
- ☐ In another bowl, mash the bananas and stir in the eggs and sugar. Stir in the flour mixture and mix until just combined, then fold in the chopped nuts (optional).
- ☐ Pour the batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 55 to 65 minutes or until bread tests done.
- ☐ Remove from oven and cool on a rack for 10 minute, then remove from pan and cool completely. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:77.97, Glycemic Load:71.29, Inflammation Score:-6, Nutrition Score:19.506956572118%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 588.49kcal (29.42%), Fat: 12.74g (19.59%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 110.24g (36.75%), Net Carbohydrates: 104.5g (38%), Sugar: 48.29g (53.66%), Cholesterol: 81.84mg (27.28%), Sodium: 430.98mg (18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.47%), Manganese: 1.25mg (62.63%), Selenium: 30.04µg (42.92%), Folate: 162.65µg (40.66%), Vitamin B1: 0.59mg (39.06%), Vitamin B2: 0.52mg (30.81%), Vitamin B6: 0.58mg (28.82%), Vitamin B3: 4.66mg (23.27%), Iron: 4.15mg (23.04%), Fiber: 5.74g (22.95%),

Copper: 0.43mg (21.65%), Phosphorus: 209.53mg (20.95%), Magnesium: 71.64mg (17.91%), Potassium: 585.1mg (16.72%), Vitamin C: 10.46mg (12.67%), Vitamin B5: 1.09mg (10.88%), Calcium: 101.2mg (10.12%), Zinc: 1.35mg (9.03%), Vitamin A: 197.24IU (3.94%), Vitamin E: 0.49mg (3.26%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin K: 1.24µg (1.18%)