

Banana Bread VIII

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



668 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas ripe
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup sugar white

Equipment

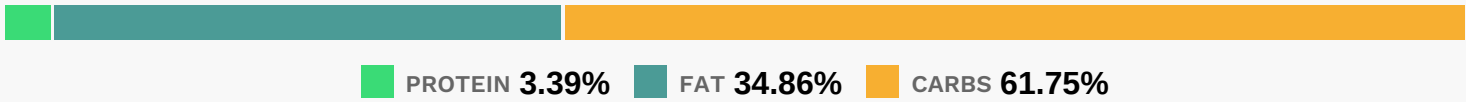
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease an 8x4 inch loaf pan.
- ☐ In a large bowl, cream the shortening and sugar. Sift in the flour, baking soda and salt. Blend in the mashed bananas.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 60 minutes, or until a knife inserted into center of loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:49.97, Glycemic Load:70.58, Inflammation Score:-4, Nutrition Score:11.500434963599%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 668.41kcal (33.42%), Fat: 26.54g (40.83%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 105.75g (35.25%), Net Carbohydrates: 102.18g (37.16%), Sugar: 60.82g (67.58%), Cholesterol: 0mg (0%), Sodium: 858.32mg (37.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.61%), Manganese: 0.56mg (28.11%), Vitamin B1: 0.4mg (26.7%), Folate: 103.48µg (25.87%), Selenium: 17.08µg (24.4%), Vitamin B2: 0.31mg (17.98%), Vitamin B6: 0.35mg (17.28%), Vitamin B3: 3.36mg (16.78%), Fiber: 3.57g (14.27%), Iron: 2.45mg (13.63%), Vitamin K: 14.22µg (13.54%), Vitamin E: 1.69mg (11.25%), Potassium: 368.11mg (10.52%), Vitamin C: 7.7mg (9.33%), Magnesium: 34.22mg (8.56%), Copper: 0.14mg (7.02%), Phosphorus: 70.1mg (7.01%), Vitamin B5: 0.68mg (6.75%), Zinc: 0.47mg (3.12%), Calcium: 12.57mg (1.26%), Vitamin A: 56.64IU (1.13%)