



Banana Bread with Coconut and Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups coarsely bananas ripe mashed (3)
- ☐ 0.5 cup coconut flakes
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup greek yogurt plain 2%
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup walnut halves
- ☐ 1.5 cups flour whole-wheat

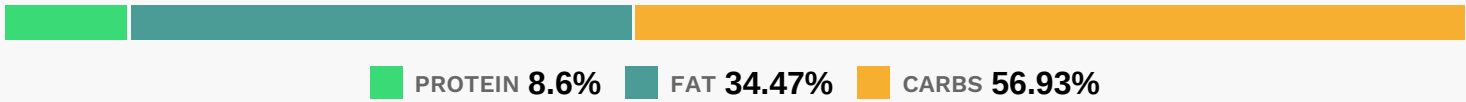
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350F.
- ☐ In a bowl, whisk together first 4ingredients.
- ☐ In a large bowl, beat sugar and eggs until thick. Stir in oil, bananas, yogurt and vanilla. Fold in flour mix, coconut and walnuts.
- ☐ Pour into greased 9-by 5-inch pan.
- ☐ Bake for 75minutes.
- ☐ Let cool on rack and serve.

Nutrition Facts



Properties

Glycemic Index:12.49, Glycemic Load:13.78, Inflammation Score:-2, Nutrition Score:7.7539130967596%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.21kcal (11.26%), Fat: 9.04g (13.92%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 30.6g (11.13%), Sugar: 19.72g (21.91%), Cholesterol: 31.42mg (10.47%), Sodium: 156.58mg (6.81%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 5.08g (10.16%), Manganese: 0.94mg (46.81%), Selenium: 13.84µg (19.77%), Fiber: 3.02g (12.07%), Phosphorus: 109.72mg (10.97%), Magnesium: 38.49mg (9.62%), Copper: 0.19mg (9.54%), Vitamin B6: 0.19mg (9.32%), Vitamin B1: 0.11mg (7%), Vitamin B2: 0.11mg (6.72%), Iron: 1.01mg (5.63%), Potassium: 186.57mg (5.33%), Zinc: 0.79mg (5.3%), Folate: 19.95µg (4.99%), Vitamin B3: 0.97mg (4.85%), Vitamin K: 4.73µg (4.5%), Vitamin B5: 0.36mg (3.65%), Vitamin E: 0.45mg (3%), Calcium: 26.3mg (2.63%), Vitamin B12: 0.13µg (2.21%), Vitamin C: 1.75mg (2.12%), Vitamin A: 59.78IU (1.2%), Vitamin D: 0.17µg (1.11%)