



Banana Bread with Pecans

 Vegetarian

READY IN



170 min.

SERVINGS



8

CALORIES



477 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 4 overripe bananas
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.8 cup butter unsalted cooled melted

- ☐ 1 teaspoon vanilla extract pure

Equipment

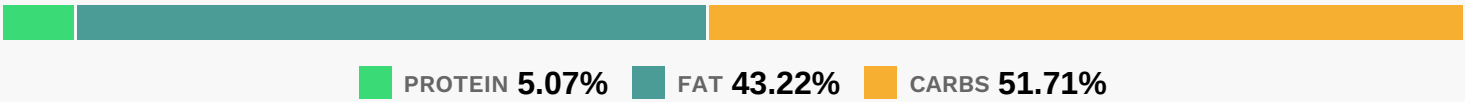
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F and lightly grease a 9 by 5-inch loaf pan.
- ☐ In a large bowl, combine the flour, baking soda, and salt; set aside.
- ☐ Mash 2 of the bananas with a fork in a small bowl so they still have a bit of texture. With an electric mixer fitted with a wire whisk, whip the remaining bananas and sugar together for a good 3 minutes; you want a light and fluffy banana cream.
- ☐ Add the melted butter, eggs, and vanilla; beat well and scrape down the sides of the bowl.
- ☐ Mix in the dry ingredients just until incorporated; no need to overly blend. Fold in the nuts and the mashed bananas with a rubber spatula.
- ☐ Pour the batter into the prepared loaf pan. Give the pan a good rap on the counter to get any air bubbles out.
- ☐ Bake for about 1 hour and 15 minutes, until golden brown and a toothpick inserted into the center of the loaf comes out clean. Don't get nervous if the banana bread develops a crack down the center of the loaf; that's no mistake, it's typical. Rotate the pan periodically to ensure even browning.
- ☐ Cool the bread in the pan for 10 minutes or so, and then turn out onto a wire rack to cool completely before slicing. Toast the slices of banana bread, dust with confectioners' sugar,

and serve.

Nutrition Facts



Properties

Glycemic Index:26.23, Glycemic Load:41.26, Inflammation Score:-6, Nutrition Score:10.448260908541%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 477.17kcal (23.86%), Fat: 23.49g (36.13%), Saturated Fat: 11.82g (73.87%), Carbohydrates: 63.22g (21.07%), Net Carbohydrates: 60.25g (21.91%), Sugar: 32.6g (36.22%), Cholesterol: 92.25mg (30.75%), Sodium: 372.14mg (16.18%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.19g (12.39%), Manganese: 0.66mg (32.89%), Selenium: 15.62µg (22.32%), Vitamin B1: 0.31mg (20.7%), Folate: 76.86µg (19.22%), Vitamin B2: 0.28mg (16.18%), Vitamin B6: 0.27mg (13.26%), Vitamin A: 640.54IU (12.81%), Fiber: 2.97g (11.89%), Vitamin B3: 2.33mg (11.65%), Iron: 2mg (11.1%), Phosphorus: 93.76mg (9.38%), Copper: 0.18mg (8.99%), Potassium: 293.65mg (8.39%), Magnesium: 32.28mg (8.07%), Vitamin C: 5.2mg (6.3%), Vitamin B5: 0.6mg (6.03%), Vitamin E: 0.79mg (5.26%), Zinc: 0.77mg (5.14%), Vitamin D: 0.57µg (3.79%), Vitamin B12: 0.15µg (2.46%), Calcium: 24.47mg (2.45%), Vitamin K: 2.13µg (2.03%)