



Banana Breakfast Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 4 medium size bananas ripe mashed
- 2 tablespoons butter melted
- 1 eggs lightly beaten
- 7 oz fruit bits dried
- 0.5 teaspoon ground cinnamon
- 0.5 cup pecans chopped

- 0.5 cup sugar
- 1.5 cups flour whole wheat

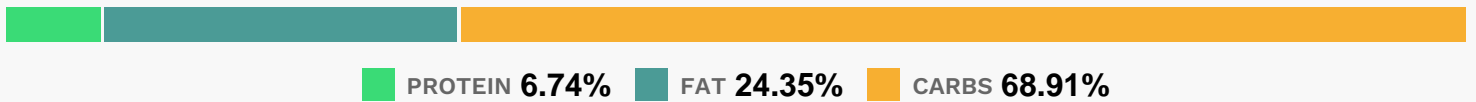
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan

Directions

- Place pecans in a single layer in a jelly-roll pan.
- Bake at 350 for 8 to 10 minutes or until lightly browned.
- Combine flour and next 3 ingredients in a large bowl.
- Combine sugar and next 3 ingredients in a small bowl; add to flour mixture, stirring just until dry ingredients are moistened. Stir in pecans and fruit bits.
- Pour mixture into an 8 1/2- x 4 1/2-inch loaf pan coated with cooking spray.
- Bake at 350 for 55 to 60 minutes or until a wooden pick inserted in center of bread comes out clean. Cool in pan on wire rack 10 minutes; remove from pan, and cool on wire rack 2 hours or until completely cool.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:10.44, Inflammation Score:-3, Nutrition Score:6.9473912871402%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate:

0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate:
0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg,
Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 170.41kcal (8.52%), Fat: 4.96g (7.63%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 31.56g (10.52%), Net
Carbohydrates: 27.78g (10.1%), Sugar: 17.04g (18.93%), Cholesterol: 14.93mg (4.98%), Sodium: 119.35mg (5.19%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Manganese: 0.82mg (40.84%), Fiber: 3.78g
(15.13%), Selenium: 8.91µg (12.73%), Magnesium: 38.83mg (9.71%), Vitamin B6: 0.19mg (9.56%), Phosphorus:
80.83mg (8.08%), Copper: 0.16mg (7.91%), Potassium: 266.04mg (7.6%), Vitamin B1: 0.11mg (7.1%), Iron: 0.96mg
(5.36%), Calcium: 48.12mg (4.81%), Vitamin B3: 0.93mg (4.66%), Zinc: 0.65mg (4.35%), Vitamin B2: 0.07mg
(4.33%), Folate: 15µg (3.75%), Vitamin C: 2.94mg (3.56%), Vitamin B5: 0.31mg (3.13%), Vitamin K: 2.74µg (2.61%),
Vitamin E: 0.29mg (1.94%), Vitamin A: 87.26IU (1.75%)