



Banana Brownie Bread

 Vegetarian

READY IN



200 min.

SERVINGS



12

CALORIES



253 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 0.8 cup banana very ripe mashed (2 medium)

Equipment

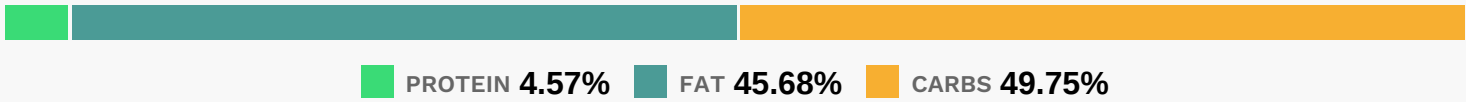
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Heat oven to 350°F. Grease bottom of 9x5-inch loaf pan with shortening or cooking spray.
- ☐ In large bowl, mix brownie mix, melted butter and eggs just until blended; stir in bananas.
- ☐ Pour into pan.
- ☐ Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Run metal spatula around edge of loaf to loosen; remove from pan to cooling rack. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.7017391207425%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.34kcal (12.67%), Fat: 12.97g (19.96%), Saturated Fat: 6.09g (38.05%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 31.55g (11.47%), Sugar: 19.92g (22.14%), Cholesterol: 47.62mg (15.87%), Sodium: 181.7mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Iron: 1.22mg (6.76%), Vitamin A: 281.96IU (5.64%), Selenium: 2.44µg (3.49%), Vitamin B2: 0.04mg (2.56%), Vitamin B6: 0.05mg (2.36%), Vitamin E: 0.31mg (2.04%), Phosphorus: 18.85mg (1.89%), Vitamin B5: 0.15mg (1.54%), Folate: 5.61µg (1.4%), Manganese: 0.03mg (1.37%), Vitamin B12: 0.08µg (1.36%), Potassium: 45.95mg (1.31%)