



Banana Butterscotch Bread with Toasted Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

Ingredients

- ☐ 8 oz all purpose flour
- ☐ 2 teaspoons baking soda
- ☐ 1 cup bananas ripe mashed
- ☐ 0.5 cup butterscotch morsels
- ☐ 1 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup milk

- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract

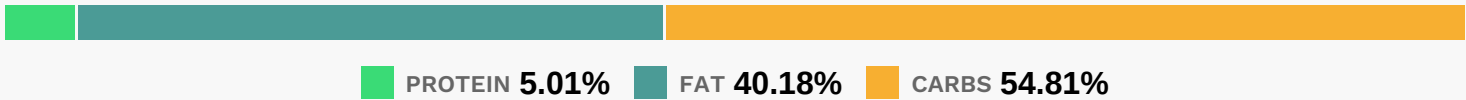
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 9×5 inch metal loaf pan and dust with flour. If you have some, line the bottom with parchment. This bread is kind of sticky.
- ☐ Mix together the flour, soda, cinnamon and salt and set aside.In bowl of stand mixer, beat the sugar, butter and egg. Beat in the bananas, followed by the vanilla and the milk. Stir in all but 2 tablespoons of the pecans and the butterscotch morsels.
- ☐ Sprinkle the pecans on top of the banana bread and bake for 1 hour. After 45 minutes, lay a sheet of foil over the bread to prevent over-browning.
- ☐ Let bread cool in pan on a rack for about 15 minutes, then remove from pan.

Nutrition Facts



Properties

Glycemic Index:39.11, Glycemic Load:39.57, Inflammation Score:-4, Nutrition Score:8.4591305877851%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg 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: 435.81kcal (21.79%), Fat: 19.78g (30.43%), Saturated Fat: 9.71g (60.68%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 58.5g (21.27%), Sugar: 36.17g (40.19%), Cholesterol: 39.22mg (13.07%), Sodium: 451.43mg (19.63%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.56g (11.11%), Manganese: 0.69mg (34.4%), Vitamin B1: 0.3mg (20%), Selenium: 12.68µg (18.11%), Folate: 61.04µg (15.26%), Vitamin B2: 0.23mg (13.36%), Iron: 1.75mg (9.71%), Vitamin B3: 1.94mg (9.68%), Phosphorus: 88.91mg (8.89%), Fiber: 2.21g (8.84%), Copper: 0.18mg (8.76%), Magnesium: 25.51mg (6.38%), Vitamin B6: 0.12mg (6%), Zinc: 0.79mg (5.29%), Potassium: 172.21mg (4.92%), Vitamin A: 238.81IU (4.78%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.55mg (3.64%), Calcium: 35.05mg (3.5%), Vitamin K: 2.46µg (2.34%), Vitamin B12: 0.13µg (2.17%), Vitamin C: 1.76mg (2.13%), Vitamin D: 0.31µg (2.09%)