

Banana Chai Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon double-acting baking powder
- 0.8 cup bananas mashed
- 0.3 cup chai tea brewed
- 2 eggs
- 1.8 cups flour all-purpose
- 0.5 cup lowfat cream cheese
- 0.5 teaspoon salt
- 0.8 cup sugar white

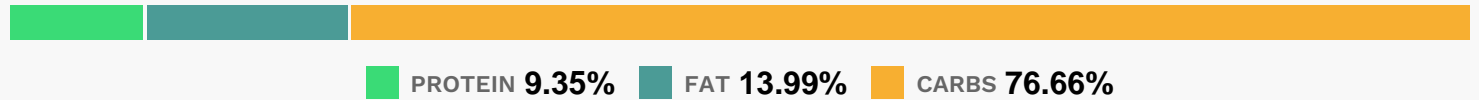
Equipment

- bowl
- frying pan
- oven
- loaf pan

Directions

- In a medium bowl mix together flour, baking powder, and salt.
- In a separate bowl mix sugar, cream cheese, and eggs until light and fluffy.
- Mix mashed bananas and Chai into cream cheese mixture.
- Add flour mixture and mix until smooth.
- Pour mixture into a greased 9x5 inch loaf pan.
- Bake in a preheated 350 degree F(175 degrees C) oven for 60 minutes. Cool on rack.
- Remove from pan after 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:30.9, Inflammation Score:-3, Nutrition Score:7.0704346895218%

Flavonoids

Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg Thearubigins: 6mg, Thearubigins: 6mg, Thearubigins: 6mg, Thearubigins: 6mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg Theaflavin-3'-gallate: 0.11mg

Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 237.24kcal (11.86%), Fat: 3.74g (5.75%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 44.8g (16.29%), Sugar: 22.27g (24.75%), Cholesterol: 49.02mg (16.34%), Sodium: 374.98mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Selenium: 13.57µg (19.39%), Folate: 62.65µg (15.66%), Vitamin B1: 0.23mg (15.44%), Vitamin B2: 0.23mg (13.71%), Manganese: 0.27mg (13.28%), Calcium: 121.93mg (12.19%), Phosphorus: 111.69mg (11.17%), Iron: 1.72mg (9.55%), Vitamin B3: 1.78mg (8.91%), Vitamin B6: 0.11mg (5.74%), Fiber: 1.29g (5.16%), Vitamin B5: 0.49mg (4.86%), Potassium: 160.44mg (4.58%), Vitamin B12: 0.24µg (3.93%), Magnesium: 14.86mg (3.72%), Copper: 0.07mg (3.54%), Vitamin A: 155.7IU (3.11%), Zinc: 0.45mg (3.03%), Vitamin C: 1.84mg (2.22%), Vitamin D: 0.26µg (1.77%), Vitamin E: 0.19mg (1.29%)