



## Banana, Cranberry and Apple Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 3 large banana skinless mashed
- 1 cup cranberries dried
- 2 eggs
- 1.5 cups flour plain ( flour)
- 1 apple green grated ( apple)
- 0.3 cup milk

- 0.1 teaspoon salt
- 0.8 cup sugar (I used 130g sugar)
- 1 teaspoon vanilla
- 0.5 cup vegetable oil

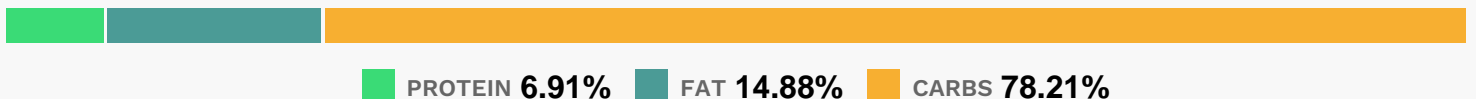
## Equipment

- frying pan
- oven
- mixing bowl
- baking pan
- skewers

## Directions

- Line and greased a loaf pan. (I used cooking spray to grease the pan) Pre-heat the oven to 350 degree F (170 C).In a mixing bowl, combined flour, baking powder, baking soda, salt and sugar.
- Mix well and set it aside.In another mixing bowl, combined eggs, milk, oil, vanilla, grated apple and mashed bananas.
- Mix it well with a big spoon.
- Add in the dry ingredients into the eggs mixture.
- Mix until combined.Lastly add in dried cranberries.
- Mix well and pour it into the baking pan.
- Bake for 70 minutes or skewer inserted into bread and comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:50.86, Glycemic Load:33.3, Inflammation Score:-4, Nutrition Score:8.11%

## Flavonoids

Cyanidin: 6.16mg, Cyanidin: 6.16mg, Cyanidin: 6.16mg, Cyanidin: 6.16mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.15mg, Peonidin: 6.15mg, Peonidin: 6.15mg, Peonidin: 6.15mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 266.7kcal (13.34%), Fat: 4.53g (6.97%), Saturated Fat: 1g (6.27%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 50.58g (18.39%), Sugar: 28.37g (31.52%), Cholesterol: 41.84mg (13.94%), Sodium: 341.24mg (14.84%), Protein: 4.73g (9.46%), Manganese: 0.36mg (17.8%), Selenium: 12.11µg (17.29%), Folate: 59.07µg (14.77%), Vitamin B1: 0.21mg (14.26%), Vitamin B2: 0.23mg (13.31%), Vitamin B6: 0.24mg (11.87%), Fiber: 2.96g (11.83%), Vitamin B3: 1.77mg (8.87%), Vitamin C: 7.23mg (8.77%), Iron: 1.56mg (8.68%), Phosphorus: 86.35mg (8.64%), Potassium: 269.89mg (7.71%), Calcium: 68.3mg (6.83%), Vitamin K: 6.52µg (6.21%), Magnesium: 23.31mg (5.83%), Vitamin B5: 0.52mg (5.21%), Copper: 0.1mg (4.82%), Vitamin E: 0.61mg (4.09%), Zinc: 0.44mg (2.91%), Vitamin A: 124.18IU (2.48%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.3µg (2.03%)