



## Banana-Date Bread

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



158 kcal

BREAD

### Ingredients

- 0.8 teaspoon baking soda
- 1.3 cups banana ripe mashed ( 2)
- 2 tablespoons brown sugar
- 0.3 cup dates chopped
- 1 large eggs
- 1.7 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 0.3 teaspoon ground cinnamon

- 0.3 teaspoon salt
- 1 tablespoon stick margarine chilled cut into small pieces
- 0.8 cup sugar
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

## Directions

- Preheat oven to 350
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, soda, and salt in a bowl.
- Place banana and next 3 ingredients in a bowl; beat with a mixer at medium speed until blended.
- Add flour mixture; stir just until moist. Stir in dates.
- Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- Combine brown sugar, 2 tablespoons flour, and cinnamon in a small bowl.
- Cut in butter with a pastry blender until mixture resembles coarse meal.
- Sprinkle evenly over batter.
- Bake at 350 for 50 to 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely.

## Nutrition Facts

PROTEIN 5.82% FAT 18.83% CARBS 75.35%

## Properties

Glycemic Index:23.7, Glycemic Load:19.09, Inflammation Score:-2, Nutrition Score:3.6626087077286%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 158.38kcal (7.92%), Fat: 3.38g (5.21%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 29.37g (10.68%), Sugar: 16.37g (18.19%), Cholesterol: 13.29mg (4.43%), Sodium: 116.31mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Selenium: 6.84µg (9.77%), Vitamin B1: 0.13mg (8.87%), Folate: 34.42µg (8.61%), Manganese: 0.17mg (8.27%), Vitamin B2: 0.11mg (6.49%), Vitamin B3: 1.09mg (5.43%), Iron: 0.9mg (4.98%), Fiber: 1.1g (4.4%), Vitamin K: 3.81µg (3.63%), Vitamin B6: 0.07mg (3.61%), Phosphorus: 29.95mg (2.99%), Potassium: 99.2mg (2.83%), Magnesium: 9.51mg (2.38%), Copper: 0.05mg (2.28%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.26mg (1.7%), Vitamin C: 1.26mg (1.53%), Vitamin A: 66.66IU (1.33%), Zinc: 0.19mg (1.28%)