



Banana Loaf with NUTELLA®

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons lightly brown sugar packed
- 1 omega-3 egg
- 1.5 cups flour all-purpose
- 2 tablespoons granulated sugar
- 2 tablespoons ground flax seeds
- 0.3 cup cup heavy whipping cream sour low-fat

- 0.5 cup nutella
- 4 large over-ripe bananas mashed

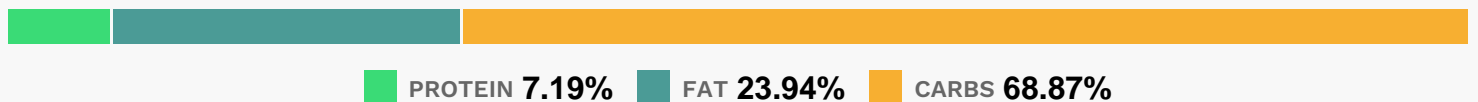
Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- loaf pan

Directions

- Preheat oven to 350 degrees F (180 degrees C). Spray a 9 x 5-inch (2L) loaf pan with vegetable cooking spray.
- In a small bowl, combine baking soda, baking powder and sour cream.
- In a large mixing bowl, whisk egg, granulated and brown sugars and bananas. Stir in flour and ground flax, alternately with sour cream mixture, just until combined.
- Spread into prepared pan; top with pecans if using.
- Bake for 50 to 60 minutes or until a tester inserted in centre comes out clean.
- Let cool in pan on rack for 10 minutes. Turn out onto rack to cool completely.
- Serve sliced banana bread spread with a tablespoon (15 mL) of NUTELLA®.

Nutrition Facts



Properties

Glycemic Index:58.87, Glycemic Load:34.35, Inflammation Score:-5, Nutrition Score:12.910000054733%

Flavonoids

Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 395.95kcal (19.8%), Fat: 10.74g (16.52%), Saturated Fat: 8.2g (51.23%), Carbohydrates: 69.53g (23.18%), Net Carbohydrates: 64.34g (23.4%), Sugar: 32.6g (36.22%), Cholesterol: 30.63mg (10.21%), Sodium: 249.74mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Manganese: 0.74mg (36.88%), Vitamin B1: 0.34mg (22.65%), Selenium: 15.62µg (22.31%), Folate: 85.39µg (21.35%), Fiber: 5.19g (20.75%), Vitamin B6: 0.39mg (19.7%), Vitamin B2: 0.31mg (18.39%), Iron: 3.12mg (17.31%), Magnesium: 58.79mg (14.7%), Potassium: 514.65mg (14.7%), Phosphorus: 135.46mg (13.55%), Copper: 0.27mg (13.52%), Vitamin B3: 2.64mg (13.22%), Vitamin E: 1.46mg (9.75%), Vitamin C: 7.99mg (9.68%), Calcium: 82.74mg (8.27%), Vitamin B5: 0.67mg (6.7%), Zinc: 0.87mg (5.77%), Vitamin B12: 0.17µg (2.88%), Vitamin A: 129.81IU (2.6%), Vitamin K: 1.19µg (1.14%), Vitamin D: 0.17µg (1.11%)