



## Banana Macadamia Nut Bread

 Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



70 kcal

### Ingredients

- 2.8 teaspoons active yeast dry
- 0.8 cup bananas mashed
- 3.3 cups bread flour
- 1 eggs
- 0.5 cup macadamia nuts chopped
- 2 tablespoons butter softened
- 1.3 teaspoons salt
- 0.7 cup warm water (110 degrees F/45 degrees C)
- 3 tablespoons sugar white

# Equipment

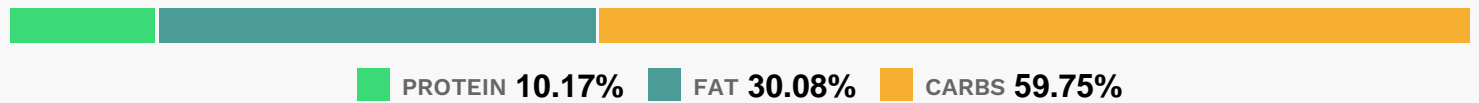
bread machine

# Directions

Place ingredient in bread machine in order suggested by your manufacturer. Select sweet bread setting and light crust.

Add macadamia nuts when indicated by your manufacturer.

# Nutrition Facts



# Properties

Glycemic Index:5.61, Glycemic Load:6.53, Inflammation Score:-1, Nutrition Score:1.8808695808377%

# Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

# Nutrients (% of daily need)

Calories: 70.23kcal (3.51%), Fat: 2.38g (3.66%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10g (3.64%), Sugar: 1.69g (1.88%), Cholesterol: 4.55mg (1.52%), Sodium: 90.53mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Manganese: 0.18mg (9.01%), Selenium: 4.99µg (7.13%), Vitamin B1: 0.06mg (3.96%), Folate: 11.01µg (2.75%), Fiber: 0.62g (2.47%), Copper: 0.04mg (2.05%), Phosphorus: 19.59mg (1.96%), Magnesium: 6.85mg (1.71%), Vitamin B2: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.61%), Vitamin B3: 0.29mg (1.43%), Vitamin B5: 0.13mg (1.31%), Iron: 0.21mg (1.17%), Potassium: 39.23mg (1.12%), Zinc: 0.16mg (1.08%)