



Banana-Nut Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 3 bananas very ripe mashed
- ☐ 0.5 cup butter
- ☐ 2 large eggs
- ☐ 8 servings lemon curd (optional, see recipe)
- ☐ 0.5 cup pecans toasted chopped
- ☐ 2 cups self-rising flour
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

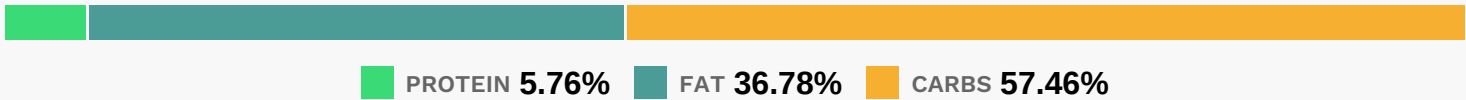
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Beat 1 cup sugar and butter at medium speed with an electric mixer until creamy.
- ☐ Add mashed bananas, eggs, and vanilla, beating well.
- ☐ Combine flour and baking soda; add to banana mixture, beating until just combined. Stir in chopped pecans.
- ☐ Pour into a greased and floured 8-inch loaf pan.
- ☐ Bake at 350 for 1 hour 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 on wire rack.
- ☐ Serve with Lemon Curd, if desired.

Nutrition Facts



Properties

Glycemic Index:25.23, Glycemic Load:37.06, Inflammation Score:-5, Nutrition Score:7.8156521087107%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 480.49kcal (24.02%), Fat: 20.01g (30.78%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 70.34g (23.45%), Net Carbohydrates: 67.75g (24.64%), Sugar: 42.23g (46.92%), Cholesterol: 46.5mg (15.5%), Sodium: 278.3mg (12.1%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.05g (14.1%), Manganese: 0.68mg (33.96%), Selenium: 17.1µg (24.42%), Vitamin A: 607.75IU (12.15%), Vitamin B6: 0.21mg (10.55%), Fiber: 2.59g (10.37%), Copper: 0.18mg (9.21%), Phosphorus: 86.96mg (8.7%), Magnesium: 29.99mg (7.5%), Vitamin B2: 0.13mg (7.5%), Potassium: 242.04mg (6.92%), Folate: 26.68µg (6.67%), Vitamin B1: 0.09mg (6.01%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.8mg (5.37%), Vitamin C: 3.95mg (4.79%), Iron: 0.8mg (4.45%), Vitamin B3: 0.7mg (3.51%), Calcium: 23.23mg (2.32%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.25µg (1.67%)