



## Banana Nut Bread

 Vegetarian

READY IN



150 min.

SERVINGS



16

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.8 cup flour all-purpose
- 0.8 cup flour whole wheat
- 0.5 cup sugar
- 0.8 cup banana very ripe mashed ( 2 medium)
- 6 oz yogurt plain fat free
- 0.3 cup vegetable oil
- 1 teaspoon baking soda
- 0.5 teaspoon salt

- 2 eggs
- 0.5 cup nuts coarsely chopped

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Grease bottom only of 8x4- or 9x5-inch loaf pan with shortening or cooking spray.
- In large bowl, beat all ingredients except nuts with electric mixer on low speed 30 seconds. Beat on medium speed 45 seconds, scraping bowl frequently. Stir in nuts.
- Pour batter into pan.
- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan.
- Remove from pan to cooling rack. Cool completely, about 1 hour.

## Nutrition Facts



**PROTEIN 8.98%** **FAT 44.03%** **CARBS 46.99%**

## Properties

Glycemic Index:14.35, Glycemic Load:8.59, Inflammation Score:-2, Nutrition Score:4.8804348448048%

## Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 151.47kcal (7.57%), Fat: 7.64g (11.75%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 17g (6.18%), Sugar: 7.97g (8.86%), Cholesterol: 20.67mg (6.89%), Sodium: 157.97mg (6.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Manganese: 0.38mg (18.87%), Selenium: 7.64µg (10.92%), Vitamin K: 8.55µg (8.14%), Phosphorus: 75.11mg (7.51%), Vitamin B1: 0.09mg (6.18%), Vitamin B2: 0.1mg (6.09%), Magnesium: 23.7mg (5.93%), Fiber: 1.35g (5.39%), Folate: 20.71µg (5.18%), Copper: 0.1mg (5.03%), Vitamin B3: 0.9mg (4.5%), Iron: 0.77mg (4.28%), Vitamin B6: 0.08mg (3.98%), Zinc: 0.54mg (3.62%), Potassium: 113.56mg (3.24%), Vitamin E: 0.48mg (3.2%), Calcium: 30.64mg (3.06%), Vitamin B5: 0.29mg (2.9%), Vitamin B12: 0.11µg (1.9%)