

Banana Nut Bread

READY IN



1500 min.

SERVINGS



8

CALORIES



460 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 medium banana very ripe
- ☐ 2.5 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 2 large eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 0.5 cup butter unsalted softened

- ☐ 1 cup walnuts chopped
- ☐ 0.7 cup milk whole

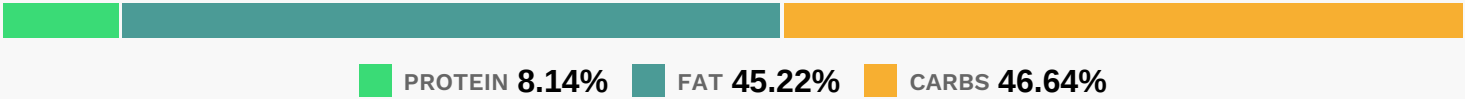
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ wax paper
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Grease a 9- by 5-inch loaf pan and line bottom of pan with wax paper or parchment, then grease paper.
- ☐ Mix together milk and lemon juice and let stand until milk curdles, about 1 minute.
- ☐ Whisk together flour, baking powder, salt, and baking soda in a bowl.
- ☐ Beat together butter and sugar in a large bowl with an electric mixer at high speed until pale and fluffy, about 2 minutes.
- ☐ Add eggs, 1 at a time, beating until combined, then beat in bananas until combined. (
- ☐ Mixture will look curdled.)
- ☐ Add flour mixture to banana mixture alternately with milk, mixing at low speed just until batter is smooth. Stir in walnuts.
- ☐ Pour into loaf pan and bake until a wooden pick or skewer inserted in center of bread comes out clean, about 1 hour.
- ☐ Cool bread in pan on a rack 20 minutes, then invert bread onto rack.
- ☐ Remove paper and turn bread right side up on rack to cool completely.
- ☐ Bread keeps, wrapped in plastic wrap, at room temperature 4 days or frozen 1 month.

Nutrition Facts



Properties

Glycemic Index:42.73, Glycemic Load:33.95, Inflammation Score:-5, Nutrition Score:10.30391309054%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 459.56kcal (22.98%), Fat: 23.69g (36.44%), Saturated Fat: 9.08g (56.77%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 52.29g (19.01%), Sugar: 21.82g (24.24%), Cholesterol: 79.44mg (26.48%), Sodium: 368.01mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Manganese: 0.89mg (44.74%), Selenium: 20.99µg (29.98%), Copper: 0.34mg (16.99%), Phosphorus: 154.78mg (15.48%), Vitamin B6: 0.24mg (11.81%), Magnesium: 45.31mg (11.33%), Fiber: 2.69g (10.76%), Folate: 39.8µg (9.95%), Vitamin A: 477.68IU (9.55%), Vitamin B2: 0.16mg (9.43%), Calcium: 86.88mg (8.69%), Potassium: 262.73mg (7.51%), Zinc: 1.09mg (7.26%), Vitamin B1: 0.11mg (7.19%), Vitamin B5: 0.64mg (6.39%), Iron: 1.14mg (6.35%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.69µg (4.58%), Vitamin C: 3.48mg (4.22%), Vitamin B12: 0.25µg (4.09%), Vitamin B3: 0.79mg (3.94%), Vitamin K: 1.75µg (1.67%)