



## Banana-nut Bread

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



215 kcal

BREAD

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 4 medium size banana ripe mashed
- 2 tablespoons canola oil
- 1 large eggs lightly beaten
- 1 teaspoon ground cinnamon
- 0.5 cup sugar
- 2 teaspoons vanilla extract

- 0.5 cup walnut pieces toasted chopped
- 1.5 cups flour whole wheat

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan

## Directions

- Stir together first 4 ingredients in a large bowl; make a well in center of mixture.
- Stir together bananas and next 4 ingredients; add to flour mixture, stirring just until dry ingredients are moistened. Gently fold in walnuts.
- Pour batter into a 9- x 5-inch loaf pan coated with cooking spray.
- Bake at 350 for 55 minutes to 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 light whipped cream cheese, if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.19, Glycemic Load:12.39, Inflammation Score:-3, Nutrition Score:8.9747826301533%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 214.88kcal (10.74%), Fat: 7.73g (11.89%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 31.23g (11.36%), Sugar: 16.09g (17.88%), Cholesterol: 18.6mg (6.2%), Sodium: 160.08mg (6.96%), Alcohol: 0.28g (100%), Alcohol %: 0.38% (100%), Protein: 4.42g (8.84%), Manganese: 1.1mg (54.89%), Selenium: 13.49µg (19.26%), Fiber: 3.65g (14.61%), Vitamin B6: 0.29mg (14.35%), Magnesium: 47.57mg (11.89%), Phosphorus: 113.72mg (11.37%), Copper: 0.21mg (10.46%), Vitamin B1: 0.13mg (8.47%), Potassium: 269.34mg (7.7%), Vitamin B3: 1.28mg (6.41%), Folate: 25.45µg (6.36%), Iron: 1.1mg (6.08%), Vitamin B2: 0.1mg (5.8%), Zinc: 0.79mg (5.26%), Vitamin E: 0.76mg (5.09%), Vitamin C: 4.19mg (5.08%), Calcium: 42.71mg (4.27%), Vitamin B5: 0.38mg (3.77%), Vitamin K: 2.81µg (2.68%), Vitamin A: 60.59IU (1.21%)