



Banana Nut Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 package jell-o banana cream pudding & pie filling instant
- ☐ 2 bananas ripe mashed
- ☐ 4 eggs
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 1 box duncan hines classic decadent cake mix yellow

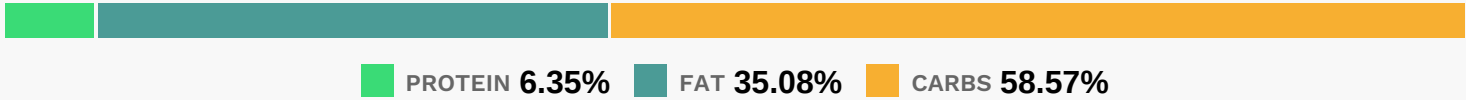
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Mix all the ingredients well.
- ☐ Pour into 2 large or 4 small greased loaf pans.
- ☐ Bake at 350 F for 40 to 45 minutes. (For those allergic to nuts, this recipe can be made without the pecans.)

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:5.766086935997%

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: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 206.95kcal (10.35%), Fat: 8.26g (12.71%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 29.61g (10.77%), Sugar: 16.11g (17.9%), Cholesterol: 40.92mg (13.64%), Sodium: 251.4mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Manganese: 0.41mg (20.56%), Phosphorus: 144.07mg (14.41%), Vitamin B1: 0.13mg (8.57%), Vitamin B2: 0.14mg (8.5%), Calcium: 80.07mg (8.01%), Folate: 31.59µg (7.9%), Selenium: 4.75µg (6.79%), Copper: 0.13mg (6.28%), Iron: 1.08mg (5.98%), Fiber: 1.43g (5.7%), Vitamin B6: 0.11mg (5.6%), Vitamin B3: 0.93mg (4.67%), Vitamin E: 0.63mg (4.23%), Magnesium: 16.85mg (4.21%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.56mg (3.74%), Vitamin K: 3.79µg (3.61%), Potassium: 111.13mg (3.18%), Vitamin B12: 0.13µg (2.17%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.22µg (1.47%), Vitamin A: 72.67IU (1.45%)