

Banana Nut Bread II

 Popular

READY IN



45 min.

SERVINGS



24

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup bananas mashed
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup milk
- ☐ 1 teaspoon salt

- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

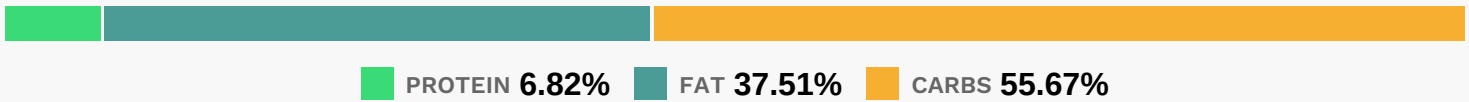
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Spray bread machine pan with vegetable oil spray.
- ☐ Premix ingredients in order listed.
- ☐ Place mixture in bread machine pan.
- ☐ Select the Quick Bread/Cake cycle. Press Start. Check after 1 minute to see if mixture is well blended.
- ☐ Cook until cake cycle stops.
- ☐ Remove pan, and cool completely before removing bread from pan.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:13.96, Inflammation Score:-3, Nutrition Score:3.5586956830128%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 144.52kcal (7.23%), Fat: 6.14g (9.44%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.82g (7.21%), Sugar: 9.52g (10.58%), Cholesterol: 14.45mg (4.82%), Sodium: 216.69mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Manganese: 0.19mg (9.54%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.12mg (7.88%), Folate: 29.24µg (7.31%), Vitamin B2: 0.1mg (6%), Phosphorus: 48.19mg (4.82%), Iron: 0.81mg (4.48%), Vitamin B3: 0.85mg (4.24%), Calcium: 41.09mg (4.11%), Vitamin A: 204.43IU (4.09%), Copper: 0.07mg (3.29%), Fiber: 0.68g (2.71%), Vitamin B6: 0.05mg (2.63%), Magnesium: 9.91mg (2.48%), Potassium:

64.54mg (1.84%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.25mg (1.68%), Vitamin E: 0.22mg (1.46%), Vitamin B12: 0.07µg (1.23%)