



Banana Nut Quick Bread

READY IN



120 min.

SERVINGS



16

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 15.5 oz corn muffin mix
- 2 eggs
- 0.8 cup milk
- 0.3 cup vegetable oil

Equipment

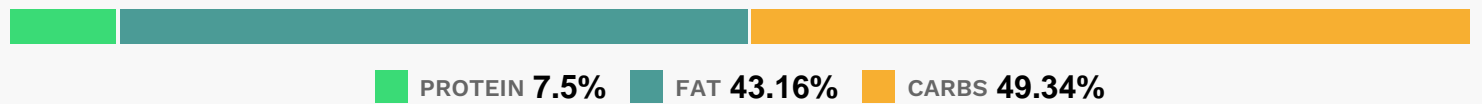
- bowl
- frying pan
- oven

- knife
- loaf pan
- toothpicks

Directions

- Heat oven to 375F. Grease bottom of 8x4-inch loaf pan with shortening or cooking spray.
- In medium bowl, stir muffin mix, milk, oil and eggs just until blended.
- Spread batter in pan.
- Bake 45 to 50 minutes or until toothpick inserted in center comes out clean and top of loaf is golden brown. Cool 15 minutes. Run knife around edges of pan before removing; remove from pan. Cool completely before slicing, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:4.0930435099518%

Nutrients (% of daily need)

Calories: 159.64kcal (7.98%), Fat: 7.65g (11.76%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 17.88g (6.5%), Sugar: 6.16g (6.84%), Cholesterol: 22.38mg (7.46%), Sodium: 236.53mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Phosphorus: 156.74mg (15.67%), Vitamin B1: 0.13mg (8.39%), Vitamin K: 7.69µg (7.32%), Fiber: 1.79g (7.14%), Folate: 28.13µg (7.03%), Vitamin B2: 0.12mg (6.8%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.93mg (4.67%), Manganese: 0.09mg (4.43%), Iron: 0.78mg (4.35%), Calcium: 32.8mg (3.28%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.39mg (2.57%), Vitamin B6: 0.05mg (2.57%), Vitamin B12: 0.14µg (2.26%), Magnesium: 8.62mg (2.16%), Zinc: 0.27mg (1.83%), Vitamin A: 79.81IU (1.6%), Potassium: 55.78mg (1.59%), Vitamin D: 0.24µg (1.57%), Copper: 0.03mg (1.37%)