



Banana-Oatmeal Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup banana ripe mashed (2 large)
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.8 cup regular oats
- ☐ 0.3 teaspoon salt

- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

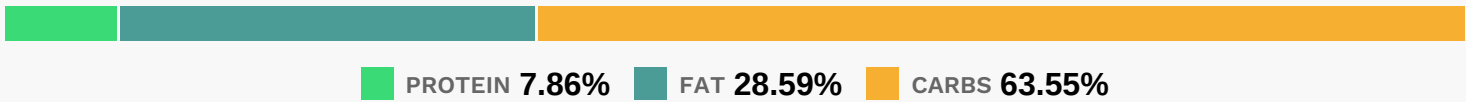
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and the next 4 ingredients (through salt) in a large bowl, stirring well with a whisk. Stir in oats.
- ☐ Combine mashed banana, buttermilk, vegetable oil, vanilla extract, and eggs; add to flour mixture. Stir just until moist.
- ☐ Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool 15 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:27.66, Glycemic Load:19.06, Inflammation Score:-2, Nutrition Score:5.383912993514%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 185.94kcal (9.3%), Fat: 5.97g (9.18%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 28.57g (10.39%), Sugar: 13.1g (14.55%), Cholesterol: 31.27mg (10.42%), Sodium: 146.83mg (6.38%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.69g (7.38%), Manganese: 0.33mg (16.41%), Selenium: 9.65µg (13.78%), Vitamin B1: 0.16mg (10.37%), Folate: 36.97µg (9.24%), Vitamin B2: 0.14mg (8.53%), Vitamin K: 8.59µg (8.19%), Phosphorus: 73.81mg (7.38%), Iron: 1.18mg (6.58%), Vitamin B3: 1.07mg (5.37%), Fiber: 1.26g (5.04%), Calcium: 47.56mg (4.76%), Magnesium: 15.72mg (3.93%), Vitamin B6: 0.07mg (3.72%), Vitamin E: 0.51mg (3.37%), Vitamin B5: 0.31mg (3.13%), Zinc: 0.45mg (3%), Copper: 0.06mg (3%), Potassium: 102.21mg (2.92%), Vitamin B12: 0.09µg (1.48%), Vitamin C: 1.15mg (1.4%), Vitamin A: 56.13IU (1.12%), Vitamin D: 0.17µg (1.11%)