



Banana Raisin Bread

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



109 kcal

BREAD

Ingredients

- 1 cup bananas ripe mashed
- 1 Tbsp calumet baking powder
- 2 eggs
- 1.5 cups flour
- 1.7 cups graham cracker crumbs
- 0.5 cup milk
- 0.3 cup oil
- 1 cup raisins

- 0.5 tsp salt
- 0.8 cup sugar

Equipment

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

Directions

- Preheat oven to 350F.
- Mix cracker crumbs, flour, sugar, baking powder and salt in large bowl; set aside. Beat eggs, milk and oil in medium bowl with wire whisk until well blended. Stir in bananas.
- Add to flour mixture; stir just until blended. Stir in raisins.
- Spoon into greased 9x5-inch loaf pan.
- Bake 1 hour to 1 hour 10 min. or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 min.
- Remove from pan; cool completely.
- Cut into 16 slices to serve.

Nutrition Facts



PROTEIN 5.89% **FAT 27.95%** **CARBS 66.16%**

Properties

Glycemic Index:15.42, Glycemic Load:12.22, Inflammation Score:-1, Nutrition Score:2.4939130622408%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 109.39kcal (5.47%), Fat: 3.48g (5.36%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 17.77g (6.46%), Sugar: 6.9g (7.66%), Cholesterol: 11.4mg (3.8%), Sodium: 119.2mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin B1: 0.07mg (4.67%), Selenium: 3.21µg (4.58%), Vitamin B2: 0.07mg (4.38%), Folate: 16.11µg (4.03%), Iron: 0.72mg (4%), Phosphorus: 39.58mg (3.96%), Calcium: 36.45mg (3.65%), Manganese: 0.07mg (3.52%), Vitamin B3: 0.64mg (3.19%), Vitamin E: 0.48mg (3.18%), Fiber: 0.79g (3.15%), Potassium: 83.06mg (2.37%), Vitamin B6: 0.04mg (2.12%), Magnesium: 7.88mg (1.97%), Vitamin K: 1.84µg (1.75%), Copper: 0.03mg (1.57%), Zinc: 0.21mg (1.37%), Vitamin B5: 0.11mg (1.06%)