



Banana Walnut Bread

 Vegetarian

READY IN



60 min.

SERVINGS



1

CALORIES



3571 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup banana ripe mashed
- 0.5 cup butter softened
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon salt

- 1 cup sugar
- 1 cup walnuts chopped
- 0.3 cup milk whole

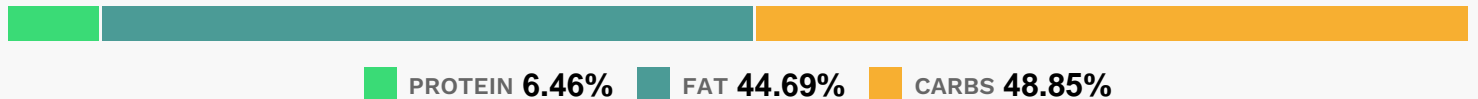
Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Combine first 5 ingredients in a large bowl; stir well. Set aside.
- Beat butter at medium speed of an electric mixer until creamy; gradually add sugar, beating well.
- Add eggs, one at a time, beating after each addition.
- Add banana and milk to creamed mixture; add to dry ingredients, stirring just until dry ingredients are moistened. Stir in walnuts.
- Pour batter into a greased and floured 9- x 5- x 3-inch loafpan.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- Let cool in pan 10 minutes; remove from pan, and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:474.87, Glycemic Load:300.26, Inflammation Score:-10, Nutrition Score:66.096521792204%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin:

0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 3571.47kcal (178.57%), Fat: 182.63g (280.96%), Saturated Fat: 70.22g (438.89%), Carbohydrates: 449.18g (149.73%), Net Carbohydrates: 429.4g (156.15%), Sugar: 225.28g (250.32%), Cholesterol: 578.71mg (192.9%), Sodium: 3323.88mg (144.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.44g (118.87%), Manganese: 6.52mg (326.11%), Selenium: 122.6µg (175.14%), Vitamin B1: 2.49mg (165.79%), Folate: 647.81µg (161.95%), Phosphorus: 1237.24mg (123.72%), Vitamin B2: 2.08mg (122.61%), Copper: 2.43mg (121.72%), Calcium: 1040.93mg (104.09%), Iron: 18.59mg (103.26%), Vitamin B3: 17.29mg (86.43%), Fiber: 19.78g (79.13%), Magnesium: 306.81mg (76.7%), Vitamin B6: 1.48mg (74.19%), Vitamin A: 3536.7IU (70.73%), Zinc: 7.16mg (47.73%), Potassium: 1579.41mg (45.13%), Vitamin B5: 3.97mg (39.71%), Vitamin E: 4.75mg (31.69%), Vitamin B12: 1.31µg (21.76%), Vitamin C: 14.68mg (17.79%), Vitamin D: 2.43µg (16.21%), Vitamin K: 13.68µg (13.02%)