



Banana Walnut Bread



Vegetarian

READY IN

ready

80 min.

SERVINGS

servings

8

CALORIES

calories

375 kcal

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas with a fork (1 cup) very ripe peeled mashed
- ☐ 2 large eggs at room temperature
- ☐ 0.5 teaspoon salt fine
- ☐ 1 cup sugar
- ☐ 1.3 cups unbleached flour all-purpose
- ☐ 0.5 cup butter unsalted plus more for preparing the pan at room temperature
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnut pieces toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ toothpicks
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Sift the flour, baking soda, and salt into a medium bowl, set aside.
- ☐ Whisk the eggs and vanilla together in a liquid measuring cup with a spout, set aside. Lightly brush a 9 by 5 by 3-inch loaf pan with butter. Preheat the oven to 350 degrees F.
- ☐ In a standing mixer fitted with the paddle attachment or with an electric hand-held mixer, cream the butter and sugar until light and fluffy. Gradually pour the egg mixture into the butter while mixing until incorporated.
- ☐ Add the bananas (the mixture will appear to be curdled, so don't worry), and remove the bowl from the mixer.
- ☐ With a rubber spatula, mix in the flour mixture until just incorporated. Fold in the nuts and transfer the batter to the prepared pan.
- ☐ Bake for 55 minutes or until a toothpick inserted into the center of the bread comes out clean. Cool the bread in the pan on a wire rack for 5 minutes. Turn the bread out of the pan and let cool completely on the rack. Wrap in plastic wrap. The banana bread is best if served the next day.

Nutrition Facts



PROTEIN 5.5% **FAT 41.66%** **CARBS 52.84%**

Properties

Glycemic Index:27.48, Glycemic Load:33.23, Inflammation Score:-5, Nutrition Score:8.069565265075%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 374.87kcal (18.74%), Fat: 17.88g (27.51%), Saturated Fat: 8.21g (51.3%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 48.86g (17.77%), Sugar: 30.68g (34.09%), Cholesterol: 77mg (25.67%), Sodium: 302.7mg (13.16%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.31g (10.61%), Manganese: 0.51mg (25.42%), Selenium: 11.55µg (16.5%), Folate: 58.06µg (14.51%), Vitamin B1: 0.2mg (13.18%), Vitamin B2: 0.21mg (12.16%), Vitamin B6: 0.23mg (11.6%), Copper: 0.19mg (9.61%), Vitamin A: 451.83IU (9.04%), Fiber: 2.17g (8.67%), Phosphorus: 84.3mg (8.43%), Iron: 1.47mg (8.17%), Vitamin B3: 1.55mg (7.73%), Magnesium: 29.62mg (7.4%), Potassium: 233.12mg (6.66%), Vitamin B5: 0.48mg (4.82%), Vitamin C: 3.94mg (4.78%), Zinc: 0.61mg (4.04%), Vitamin E: 0.57mg (3.78%), Vitamin D: 0.46µg (3.09%), Calcium: 23.08mg (2.31%), Vitamin B12: 0.14µg (2.26%), Vitamin K: 1.51µg (1.44%)