



Banana Walnut Cinnamon Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

BREAD

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 bananas mashed
- 113 grams butter unsalted melted
- 2 eggs
- 1.5 cups flour
- 0.8 cup granulated sugar white
- 1 teaspoon ground cinnamon

- 0.8 teaspoon salt
- 1 teaspoon vanilla extract pure
- 0.3 cup walnut pieces chopped

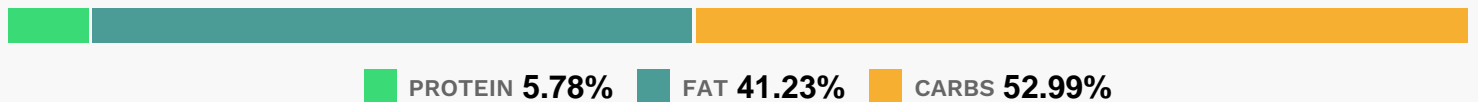
Equipment

- frying pan
- oven
- wooden spoon

Directions

- Preheat oven to 350 degrees F (180 degrees C).Grease the loaf with oil and flour and keep aside.Toast walnuts and chop coarsely.
- Combine the flour, sugar, baking powder, baking soda, salt, cinnamon, and nuts. keep aside.
- Combine the mashed bananas, eggs, melted butter, vanilla. With a wooden spoon,lightly fold wet ingredients into dry ingredients just until combined and the batter is thick.Do not over mix the batter it may yield tough,hard,rubbery bread.)
- Transfer batter into prepared pan.
- Bake at 350 degrees 55-60 minutes.

Nutrition Facts



Properties

Glycemic Index:39.61, Glycemic Load:29.38, Inflammation Score:-4, Nutrition Score:7.185652173913%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 16.37%, Sourness: 11.73%, Bitterness: 12.2%, Savoriness: 13.36%, Fattiness: 69.77%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 326.8kcal (16.34%), Fat: 15.28g (23.5%), Saturated Fat: 7.89g (49.34%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 42.4g (15.42%), Sugar: 22.59g (25.1%), Cholesterol: 71.29mg (23.76%), Sodium: 317.93mg (13.82%), Protein: 4.81g (9.63%), Manganese: 0.41mg (20.71%), Selenium: 12.06µg (17.23%), Folate: 57.98µg (14.5%), Vitamin B1: 0.21mg (14.05%), Vitamin B2: 0.2mg (11.88%), Vitamin A: 432.73IU (8.65%), Iron: 1.51mg (8.4%), Vitamin B3: 1.64mg (8.2%), Vitamin B6: 0.16mg (7.89%), Phosphorus: 72.55mg (7.26%), Fiber: 1.78g (7.11%), Copper: 0.13mg (6.39%), Magnesium: 20.75mg (5.19%), Potassium: 167.64mg (4.79%), Vitamin B5: 0.41mg (4.07%), Vitamin E: 0.52mg (3.45%), Zinc: 0.48mg (3.22%), Vitamin C: 2.62mg (3.18%), Vitamin D: 0.43µg (2.88%), Calcium: 28.35mg (2.84%), Vitamin B12: 0.12µg (2.03%), Vitamin K: 1.42µg (1.35%)