

Banana Wheat Bread

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 1.5 cups bananas mashed
- 2 eggs
- 0.5 cup honey
- 0.5 cup pecans chopped
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

- 0.3 cup wheat germ
- 2 cups flour whole wheat

Equipment

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

Directions

- Grease a 9 x 5 inch loaf pan. Preheat oven to 350 degrees (175 degrees C).
- Combine oil, honey, eggs, vanilla, and mashed bananas in a bowl.
- In a large bowl, whisk together flour, wheat germ, salt, and baking soda. Make a well in dry ingredients, and add the banana mixture.
- Mix together until dry ingredients are moistened. Stir in nuts.
- Pour batter into prepared pan.
- Bake 1 hour in preheated oven. Test for doneness, and cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:18.4, Inflammation Score:-5, Nutrition Score:18.654782668404%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin

3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 455.15kcal (22.76%), Fat: 18.67g (28.72%), Saturated Fat: 2.72g (17%), Carbohydrates: 68.83g (22.94%), Net Carbohydrates: 61.52g (22.37%), Sugar: 30.72g (34.13%), Cholesterol: 54.56mg (18.19%), Sodium: 593.93mg (25.82%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 9.77g (19.54%), Manganese: 2.85mg (142.7%), Selenium: 34.15µg (48.79%), Fiber: 7.3g (29.21%), Phosphorus: 250.89mg (25.09%), Vitamin B1: 0.37mg (24.95%), Vitamin B6: 0.48mg (24.12%), Magnesium: 94.85mg (23.71%), Copper: 0.38mg (18.83%), Vitamin K: 18.11µg (17.25%), Zinc: 2.38mg (15.85%), Vitamin B3: 2.84mg (14.19%), Iron: 2.5mg (13.87%), Potassium: 462.55mg (13.22%), Vitamin B2: 0.22mg (13.01%), Folate: 51.77µg (12.94%), Vitamin E: 1.36mg (9.1%), Vitamin B5: 0.86mg (8.6%), Vitamin C: 5.13mg (6.22%), Calcium: 34.86mg (3.49%), Vitamin A: 123.89IU (2.48%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)