



Banana Yogurt Bread

READY IN



60 min.

SERVINGS



1

CALORIES



2087 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed
- 1 eggs lightly beaten
- 2 egg whites lightly beaten
- 2 cups flour all-purpose
- 2 teaspoons flour all-purpose
- 0.3 cup butter melted
- 8 ounce carton nonfat yogurt plain

- 0.5 teaspoon salt
- 0.5 cup sugar
- 1 teaspoon vanilla extract

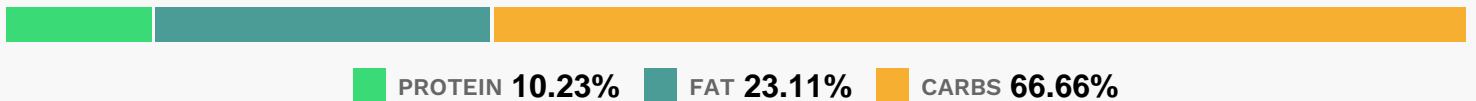
Equipment

- bowl
- frying pan
- oven
- wire rack

Directions

- Combine first 4 ingredients in a large bowl; make a well in center of mixture.
- Combine yogurt and next 6 ingredients; add to dry ingredients, stirring just until dry ingredients are moistened.
- Coat a 9- x 5- x 3-inch loafpan with cooking spray; sprinkle with 2 teaspoons flour. Spoon batter into prepared pan.
- 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:366.87, Glycemic Load:228.15, Inflammation Score:-10, Nutrition Score:53.554347867551%

Flavonoids

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: 2086.92kcal (104.35%), Fat: 53.69g (82.59%), Saturated Fat: 11.68g (73%), Carbohydrates: 348.48g (116.16%), Net Carbohydrates: 337.71g (122.8%), Sugar: 137.3g (152.55%), Cholesterol: 168.22mg (56.07%), Sodium: 3225.75mg (140.25%), Alcohol: 1.38g (100%), Alcohol %: 0.19% (100%), Protein: 53.47g (106.93%), Selenium: 121.9µg (174.14%), Vitamin B1: 2.18mg (145.03%), Vitamin B2: 2.4mg (141.37%), Folate: 545.68µg (136.42%), Manganese: 2.18mg (109.22%), Phosphorus: 904.26mg (90.43%), Calcium: 897.51mg (89.75%), Vitamin B3: 16.4mg (82%), Iron: 13.92mg (77.35%), Vitamin A: 2379.42IU (47.59%), Potassium: 1578.83mg (45.11%), Vitamin B6: 0.87mg (43.32%), Fiber: 10.77g (43.08%), Vitamin B5: 3.9mg (39.05%), Magnesium: 155.18mg (38.8%), Zinc: 4.81mg (32.04%), Vitamin B12: 1.89µg (31.43%), Copper: 0.57mg (28.68%), Vitamin C: 15.2mg (18.43%), Vitamin E: 2.52mg (16.82%), Vitamin D: 0.88µg (5.87%), Vitamin K: 2.1µg (2%)