

Bananaberry Bread

READY IN



210 min.

SERVINGS



24

CALORIES



142 kcal

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed (3 to 4 medium)
- ☐ 1 cup blueberries fresh thawed drained (and)
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1.3 cups sugar

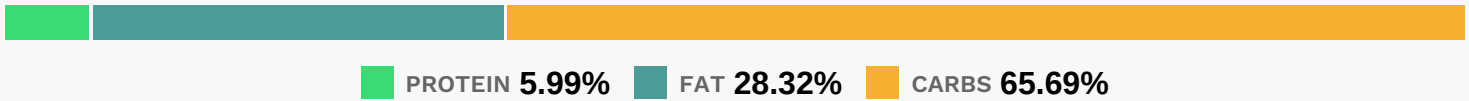
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Grease bottom only of one 9x5-inch or two 8x4-inch loaf pans with shortening.
- ☐ In large bowl, stir sugar, butter, eggs, bananas and buttermilk until mixed. Stir in flour, baking soda and salt just until moistened. Stir in blueberries.
- ☐ Pour into pan.
- ☐ Bake 9-inch pan about 1 hour 15 minutes, 8-inch pans 55 to 60 minutes, or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:11.29, Glycemic Load:15.87, Inflammation Score:-3, Nutrition Score:3.1626087038413%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.7kcal (7.09%), Fat: 4.53g (6.97%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.91g (8.33%), Sugar: 12.45g (13.83%), Cholesterol: 14.19mg (4.73%), Sodium: 198.07mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Selenium: 5.89µg (8.41%), Vitamin B1: 0.11mg (7.45%), Folate: 28.09µg (7.02%), Manganese: 0.14mg (6.84%), Vitamin B2: 0.1mg (6.05%), Vitamin B3: 0.87mg (4.33%), Vitamin A: 206.54IU (4.13%), Iron: 0.72mg (3.99%), Fiber: 0.74g (2.97%), Phosphorus: 29.46mg (2.95%), Vitamin B6: 0.05mg (2.59%), Potassium: 66.27mg (1.89%), Vitamin B5: 0.18mg (1.75%), Vitamin C: 1.42mg (1.73%), Magnesium: 6.85mg (1.71%), Copper: 0.03mg (1.71%), Vitamin E: 0.24mg (1.61%), Vitamin K: 1.3µg (1.24%), Zinc: 0.18mg (1.22%), Calcium: 12.18mg (1.22%), Vitamin B12: 0.06µg (1.01%)