



Basic Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1.5 cups banana ripe mashed
- 0.5 cup brown sugar packed
- 5 tablespoons butter melted
- 2 large eggs
- 0.3 cup yogurt plain fat-free
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar

- 0.1 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.3 cup ground flaxseed
- 1.5 teaspoons milk 1% low-fat
- 0.3 cup powdered sugar
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Combine first 4 ingredients in a large bowl; beat with a mixer at medium speed.
- Add granulated and brown sugars; beat until combined.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (through ground allspice).
- Add flour mixture to banana mixture; beat just until blended.
- Pour batter into a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean.
- Remove from oven; cool 10 minutes in pan on a wire rack.
- Remove bread from pan; cool completely.
- Combine powdered sugar and milk, stirring until smooth; drizzle over bread.

Nutrition Facts

PROTEIN 6.75% FAT 27.61% CARBS 65.64%

Properties

Glycemic Index:18.87, Glycemic Load:12.4, Inflammation Score:-2, Nutrition Score:4.2195652386417%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 172kcal (8.6%), Fat: 5.39g (8.3%), Saturated Fat: 2.58g (16.12%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.46g (9.99%), Sugar: 17.58g (19.53%), Cholesterol: 32.78mg (10.93%), Sodium: 168.27mg (7.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Selenium: 7.04µg (10.06%), Manganese: 0.2mg (9.91%), Vitamin B1: 0.14mg (9.52%), Folate: 30.2µg (7.55%), Vitamin B2: 0.12mg (6.85%), Fiber: 1.4g (5.6%), Phosphorus: 54.05mg (5.41%), Iron: 0.9mg (4.99%), Magnesium: 18.72mg (4.68%), Vitamin B3: 0.88mg (4.42%), Vitamin B6: 0.09mg (4.26%), Copper: 0.07mg (3.39%), Potassium: 116.41mg (3.33%), Calcium: 30.7mg (3.07%), Vitamin A: 153.63IU (3.07%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.2mg (1.32%)