



Bates Banana Bread

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 5 bananas very ripe mashed
- ☐ 1.3 cups brown sugar
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup milk

- ☐ 1 teaspoon salt
- ☐ 0.3 cup butter unsalted cubed
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a large loaf pan.
- ☐ Mash together the brown sugar and 1/2 cup of softened butter until smooth and creamy in a large bowl; beat in the eggs. In a bowl, combine the mashed bananas with lemon juice, and add them to the butter-sugar mixture. Beat in the milk and vanilla extract until smooth.
- ☐ In a bowl, whisk together 2 1/2 cups of flour, baking soda, salt, and 1 teaspoon of cinnamon.
- ☐ Mix the flour mixture into the banana mixture in 2 or 3 increments, beating well after each addition. Scrape the batter into the prepared loaf pan.
- ☐ Mix together the white sugar, 1/3 cup of flour, 1/4 cup of unsalted butter, and 1 1/2 teaspoon of cinnamon with a fork until the mixture is crumbly. Spoon the crumble mixture over the loaf.
- ☐ Bake in the preheated oven until the bread is lightly browned and a toothpick inserted into the center comes out clean, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:20.04, Inflammation Score:-3, Nutrition Score:6.5056521166926%

Flavonoids

Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg, Catechin: 4.5mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 343.17kcal (17.16%), Fat: 7.63g (11.74%), Saturated Fat: 4.36g (27.28%), Carbohydrates: 68.27g (22.76%), Net Carbohydrates: 66.01g (24%), Sugar: 55.77g (61.97%), Cholesterol: 58mg (19.33%), Sodium: 460.41mg (20.02%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 3.35g (6.7%), Manganese: 0.33mg (16.49%), Vitamin B6: 0.32mg (15.83%), Potassium: 359.77mg (10.28%), Selenium: 6.74µg (9.63%), Vitamin B2: 0.16mg (9.23%), Fiber: 2.26g (9.04%), Vitamin C: 6.91mg (8.38%), Folate: 30.28µg (7.57%), Magnesium: 27.87mg (6.97%), Calcium: 63.87mg (6.39%), Phosphorus: 62.51mg (6.25%), Vitamin A: 309.76IU (6.2%), Vitamin B5: 0.55mg (5.51%), Vitamin B1: 0.08mg (5.17%), Iron: 0.91mg (5.08%), Copper: 0.09mg (4.68%), Vitamin B3: 0.87mg (4.37%), Vitamin D: 0.49µg (3.29%), Vitamin B12: 0.19µg (3.21%), Zinc: 0.38mg (2.53%), Vitamin E: 0.38mg (2.5%), Vitamin K: 1.08µg (1.03%)