



Best Hawaiian Banana Nut Bread

READY IN



130 min.

SERVINGS



8

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 teaspoons apple sauce
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1.3 cups bananas mashed
- ☐ 2 tablespoons butter at room temperature
- ☐ 0.7 cup canola oil
- ☐ 0.7 cup coconut or flaked
- ☐ 0.5 teaspoon coconut extract
- ☐ 2 eggs well beaten

- ☐ 2 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon lemon extract
- ☐ 1 tablespoon brown sugar light
- ☐ 0.3 cup macadamia nuts chopped
- ☐ 1 teaspoon milk
- ☐ 0.7 cup pineapple crushed drained
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 0.3 cup sugar white

Equipment

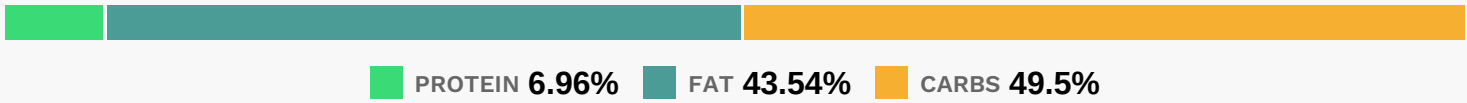
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan.
- ☐ Mix flour, 1 1/4 cup white sugar, brown sugar, baking soda, cinnamon, baking powder, and salt in a large bowl. Stir mashed banana, canola oil, pineapple, flaked coconut, 1/4 cup walnuts, 1/4 cup macadamia nuts, eggs, applesauce, vanilla extract, lemon extract, and coconut extract into flour mixture until blended.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the loaf comes out clean, 70 to 80 minutes. Cool bread in the pan for 10 minutes; remove and transfer to a wire rack to cool, 20 to 30 minutes.

- ☐ Mix butter, 1/4 cup white sugar, 1/4 cup walnuts, 1/4 cup macadamia nuts, and milk together in a bowl.
- ☐ Spread on top of bread once it has been transferred to the wire rack.

Nutrition Facts



Properties

Glycemic Index:51.86, Glycemic Load:25.92, Inflammation Score:-5, Nutrition Score:11.117826140445%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 368.33kcal (18.42%), Fat: 18.24g (28.07%), Saturated Fat: 7.3g (45.65%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 42.7g (15.53%), Sugar: 16.41g (18.24%), Cholesterol: 48.52mg (16.17%), Sodium: 317.55mg (13.81%), Alcohol: 0.36g (100%), Alcohol %: 0.31% (100%), Protein: 6.56g (13.12%), Manganese: 0.85mg (42.36%), Vitamin B1: 0.35mg (23.3%), Selenium: 16.18µg (23.12%), Folate: 75.73µg (18.93%), Fiber: 3.96g (15.85%), Vitamin B2: 0.26mg (15.33%), Iron: 2.36mg (13.09%), Copper: 0.25mg (12.64%), Vitamin B6: 0.24mg (11.98%), Vitamin B3: 2.36mg (11.79%), Phosphorus: 107.59mg (10.76%), Magnesium: 39.54mg (9.88%), Potassium: 285.49mg (8.16%), Vitamin E: 1mg (6.65%), Vitamin C: 5.35mg (6.49%), Vitamin B5: 0.55mg (5.5%), Zinc: 0.76mg (5.06%), Calcium: 44.65mg (4.47%), Vitamin A: 183.73IU (3.67%), Vitamin K: 3.55µg (3.38%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.23µg (1.51%)