



Bisquick™ Banana-Nut Bread

 Vegetarian

READY IN



210 min.

SERVINGS



16

CALORIES



158 kcal

Ingredients

- 1.3 cups banana very ripe mashed (3 medium)
- 0.7 cup sugar
- 0.3 cup milk
- 0.3 cup vegetable oil
- 0.5 teaspoon vanilla
- 2 eggs
- 2.7 cups pancake mix
- 0.5 cup nuts chopped

Equipment

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

Directions

- Heat oven to 350°F. Grease bottom of 9x5x3-inch loaf pan.
- In large bowl, stir bananas, sugar, milk, oil, vanilla and eggs. Stir in Bisquick™ mix and nuts.
- Pour into pan.
- Bake 57 to 62 minutes or until toothpick inserted in center comes out clean; cool 10 minutes. Loosen sides of loaf from pan; remove from pan and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature.

Nutrition Facts

PROTEIN 8.46% **FAT 45.08%** **CARBS 46.46%**

Properties

Glycemic Index:12.03, Glycemic Load:7.49, Inflammation Score:-2, Nutrition Score:4.0752174128657%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.8kcal (7.89%), Fat: 8.1g (12.47%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 17.64g (6.42%), Sugar: 10.06g (11.18%), Cholesterol: 36.3mg (12.1%), Sodium: 119.43mg (5.19%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.42g (6.85%), Phosphorus: 104.89mg (10.49%), Manganese: 0.15mg (7.68%), Vitamin B2: 0.12mg (6.92%), Vitamin K: 6.35µg (6.05%), Calcium: 58.22mg (5.82%), Selenium: 4.06µg (5.8%), Magnesium: 19.4mg (4.85%), Vitamin B6: 0.09mg (4.68%), Fiber: 1.14g (4.57%), Copper: 0.08mg (4.11%), Vitamin B1: 0.06mg (4.05%), Folate: 15.14µg (3.78%), Potassium: 128.39mg (3.67%), Iron: 0.58mg (3.23%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.44mg (2.93%), Vitamin B3: 0.57mg (2.85%), Vitamin B12: 0.14µg

(2.39%), Vitamin E: 0.35mg (2.34%), Vitamin A: 98.72IU (1.97%), Vitamin C: 1.24mg (1.5%), Vitamin D: 0.15µg (1.01%)