



Bisquick® Banana Nut Bread

 Vegetarian  Gluten Free

READY IN



205 min.

SERVINGS



24

CALORIES



71 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

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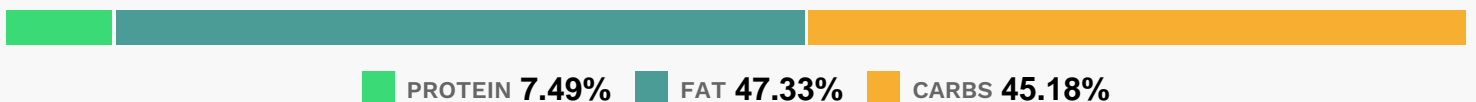
Equipment

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

Directions

- Heat oven to 350F. Grease bottom of 9x5x3-inch loaf pan.
- Stir bananas, sugar, milk, oil, vanilla and eggs in large bowl. Stir in Bisquick mix and nuts.
- Pour into pan.
- Bake 50 to 60 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 up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:4.99, Inflammation Score:-1, Nutrition Score:1.7247826197873%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 71.28kcal (3.56%), Fat: 3.89g (5.99%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.88g (2.86%), Sugar: 6.71g (7.46%), Cholesterol: 20.76mg (6.92%), Sodium: 9.28mg (0.4%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.39g (2.77%), Manganese: 0.08mg (4.13%), Vitamin K:

3.19µg (3.04%), Phosphorus: 28.35mg (2.83%), Selenium: 1.85µg (2.65%), Vitamin B6: 0.05mg (2.52%), Magnesium: 9.98mg (2.49%), Copper: 0.05mg (2.47%), Vitamin B2: 0.04mg (2.46%), Fiber: 0.49g (1.95%), Potassium: 59.38mg (1.7%), Vitamin B5: 0.16mg (1.58%), Folate: 5.75µg (1.44%), Zinc: 0.21mg (1.39%), Vitamin E: 0.21mg (1.38%), Iron: 0.23mg (1.29%), Vitamin B12: 0.06µg (1.04%), Vitamin B3: 0.2mg (1.02%)