



Blueberry Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 large bananas ripe
- 0.8 cup blueberries fresh
- 0.3 cup buttermilk
- 2 large eggs beaten
- 1.3 cups flour all-purpose
- 0.8 cup old-fashioned oats uncooked

- 0.5 teaspoon salt
- 0.7 cup sugar
- 0.3 cup vegetable oil
- 0.5 cup wheat germ

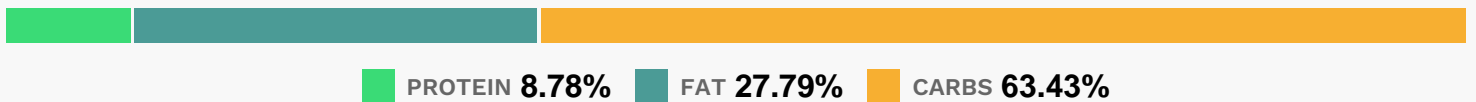
Equipment

- bowl
- oven

Directions

- Preheat oven to 35
- Mash bananas with a fork in a large bowl. Stir in sugar and next 5 ingredients.
- Let stand 5 minutes or until oats soften.
- Combine flour, baking powder, and baking soda in a small bowl.
- Add to banana mixture alternately with oil, stirring just to incorporate. Fold in blueberries.
- Pour into a greased 9- x 5-inch loafpan, and bake 50 minutes or until a wooden pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:50.36, Glycemic Load:29.01, Inflammation Score:-4, Nutrition Score:13.599130288414%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg

Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 312.94kcal (15.65%), Fat: 9.93g (15.28%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 50.99g (17%), Net Carbohydrates: 47.53g (17.28%), Sugar: 22.83g (25.36%), Cholesterol: 47.6mg (15.87%), Sodium: 418.75mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Manganese: 1.51mg (75.43%), Selenium: 19.18µg (27.39%), Vitamin B1: 0.35mg (23.26%), Folate: 72.38µg (18.09%), Phosphorus: 177.08mg (17.71%), Vitamin K: 15.65µg (14.91%), Vitamin B2: 0.25mg (14.83%), Fiber: 3.46g (13.85%), Vitamin B6: 0.27mg (13.32%), Iron: 2.15mg (11.94%), Magnesium: 44.75mg (11.19%), Zinc: 1.57mg (10.48%), Vitamin B3: 2.03mg (10.15%), Calcium: 89.73mg (8.97%), Copper: 0.16mg (8.12%), Potassium: 276.24mg (7.89%), Vitamin B5: 0.69mg (6.93%), Vitamin E: 0.85mg (5.68%), Vitamin C: 4.3mg (5.22%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.38µg (2.53%), Vitamin A: 113.25IU (2.27%)