



## Blueberry-Banana Bread

 Vegetarian

READY IN



195 min.

SERVINGS



8

CALORIES



298 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 bananas ripe peeled mashed
- 4 ounces blueberries fresh
- 8 servings butter for greasing the loaf pan
- 2 large eggs beaten
- 1.5 cups flour for dusting all-purpose
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground nutmeg
- 1 teaspoon salt fine
- 1 cup sugar
- 2 teaspoons vanilla extract
- 0.5 cup vegetable oil

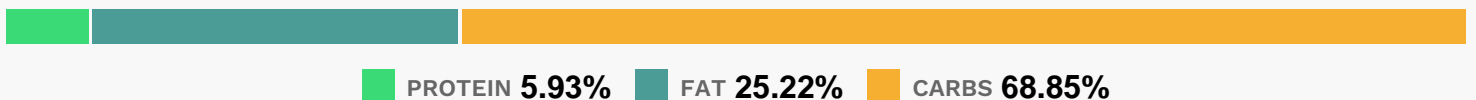
## Equipment

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

## Directions

- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Butter and flour a 9- by 5- by 3-inch loaf pan. Set aside.
- In a medium bowl, whisk together the flour, baking soda, salt, baking powder, cinnamon and nutmeg. In a large bowl, beat the sugar, oil, eggs and vanilla until blended. Stir in the bananas and blueberries.
- Add the dry ingredients and stir just until blended.
- Pour the batter into the prepared loaf pan.
- Bake until a cake tester inserted in the center of the loaf comes out clean, about 1 hour. Cool for 15 minutes.
- Remove the loaf from the pan and cool completely on a wire rack, about 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:57.11, Glycemic Load:34.43, Inflammation Score:-4, Nutrition Score:6.8913042908129%

## Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Petunidin: 4.47mg, Petunidin: 4.47mg, Petunidin: 4.47mg, Petunidin: 4.47mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 9.58mg, Malvidin: 9.58mg, Malvidin: 9.58mg, Malvidin: 9.58mg Peonidin: 2.88mg, Peonidin: 2.88mg, Peonidin: 2.88mg, Peonidin: 2.88mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg 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 Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 297.69kcal (14.88%), Fat: 8.47g (13.03%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 50.18g (18.25%), Sugar: 30.24g (33.6%), Cholesterol: 57.25mg (19.08%), Sodium: 505.16mg (21.96%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Protein: 4.48g (8.96%), Selenium: 12.3µg (17.57%), Manganese: 0.32mg (16.01%), Folate: 55.77µg (13.94%), Vitamin B1: 0.2mg (13.61%), Vitamin B2: 0.21mg (12.22%), Vitamin B3: 1.66mg (8.29%), Iron: 1.48mg (8.23%), Vitamin K: 8.39µg (7.99%), Vitamin B6: 0.15mg (7.4%), Fiber: 1.83g (7.33%), Phosphorus: 65.34mg (6.53%), Vitamin C: 3.95mg (4.79%), Potassium: 163.12mg (4.66%), Vitamin A: 219.48IU (4.39%), Vitamin B5: 0.42mg (4.17%), Magnesium: 16.07mg (4.02%), Vitamin E: 0.6mg (3.98%), Copper: 0.08mg (3.91%), Calcium: 30.75mg (3.08%), Zinc: 0.41mg (2.71%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.25µg (1.67%)