



Blueberry-Banana Bread

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 120 ml agave nectar
- 0.8 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 240 ml blueberries
- 2 tablespoons juice of lemon
- 3 large banana
- 0.5 teaspoon salt
- 80 ml apple sauce (or apple sauce)

240 g flour whole wheat white (or regular flour)

Equipment

bowl

frying pan

oven

knife

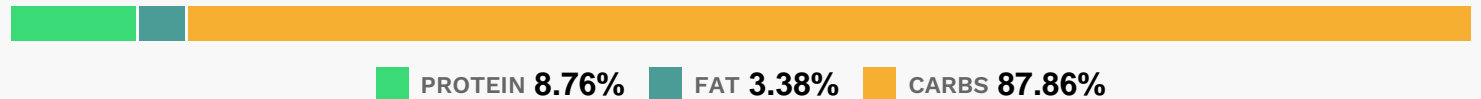
Directions

Mix the soymilk with 1 tablespoon of the lemon juice and let stand until it curdles. (If using apple sauce, skip this step and add the lemon juice to the bananas.) In a large bowl, mash the bananas and add the remaining lemon juice, soymilk, and agave nectar. Stir well to combine. In a separate bowl, combine the flour, baking powder, soda, and salt.

Add the dry ingredients to the banana mixture, and stir just until the mixture is well-combined. Fold in the blueberries.

Spread the mixture evenly in the prepared pan and bake until a knife inserted in the center comes out clean, about 50–60 minutes. Allow to cool before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:5.49, Inflammation Score:-1, Nutrition Score:3.1152173384376%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 3.94mg, Petunidin: 3.94mg, Petunidin: 3.94mg, Petunidin: 3.94mg Delphinidin: 4.43mg, Delphinidin: 4.43mg, Delphinidin: 4.43mg, Delphinidin: 4.43mg Malvidin: 8.46mg, Malvidin: 8.46mg, Malvidin: 8.46mg, Malvidin: 8.46mg Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg, Peonidin: 2.54mg Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg, Catechin: 2.78mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 136.39kcal (6.82%), Fat: 0.54g (0.83%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 28.4g (10.33%), Sugar: 12.43g (13.81%), Cholesterol: 0mg (0%), Sodium: 192.79mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Fiber: 3.29g (13.15%), Vitamin C: 6.79mg (8.23%), Vitamin B6: 0.16mg (7.8%), Manganese: 0.14mg (6.83%), Potassium: 161.46mg (4.61%), Vitamin K: 4.71µg (4.49%), Iron: 0.65mg (3.59%), Calcium: 31.05mg (3.11%), Vitamin B2: 0.05mg (2.81%), Folate: 11.05µg (2.76%), Magnesium: 10.45mg (2.61%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.84%), Vitamin B3: 0.35mg (1.75%), Phosphorus: 15.1mg (1.51%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.14mg (1.35%)