



Blueberry-Banana Bread

 Vegetarian  Gluten Free

READY IN



200 min.

SERVINGS



24

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup banana very ripe mashed (2 medium)
- 1 cup blueberries fresh thawed drained (and)
- 2 eggs
- 0.3 cup milk
- 0.8 cup oats
- 0.7 cup sugar
- 2 cups frangelico
- 2 cups frangelico

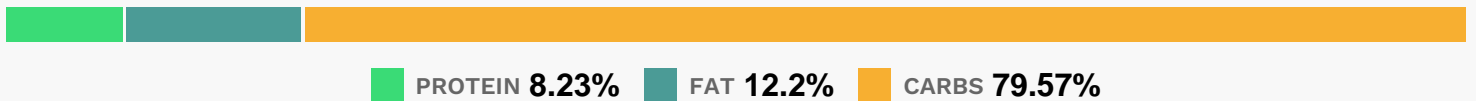
Equipment

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

Directions

- Heat oven to 350F. Grease bottom of loaf pan, 9x5x3 inches.
- Stir Bisquick, oats, sugar, bananas, milk and eggs in large bowl until moistened. Beat vigorously 30 seconds. Gently stir in blueberries.
- Pour into pan.
- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen loaf from sides of pan; remove from pan and place top side up on wire rack. Cool completely, about 2 hours, before slicing.
- Cut into 24 slices. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:5.88, Inflammation Score:-1, Nutrition Score:1.5547825992107%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg, Delphinidin: 2.18mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 46.64kcal (2.33%), Fat: 0.66g (1.02%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 9.18g (3.34%), Sugar: 7.09g (7.88%), Cholesterol: 13.94mg (4.65%), Sodium: 6.43mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Manganese: 0.15mg (7.39%), Selenium: 2.14µg (3.05%), Magnesium: 9.64mg (2.41%), Phosphorus: 23.55mg (2.35%), Fiber: 0.55g (2.19%), Vitamin B2: 0.03mg (1.85%), Vitamin B6: 0.04mg (1.82%), Vitamin B1: 0.02mg (1.39%), Vitamin C: 1.14mg (1.38%), Potassium: 45.18mg (1.29%), Vitamin K: 1.32µg (1.26%), Iron: 0.22mg (1.21%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.16mg (1.06%), Copper: 0.02mg (1.04%), Folate: 4.15µg (1.04%)