



Blueberry Banana Nut Bread

READY IN



150 min.

SERVINGS



12

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup apple sauce
- 1 teaspoon baking soda
- 1 cup banana mashed
- 1.5 cups blueberries fresh
- 0.3 cup brown sugar
- 2 tablespoons butter cold
- 3 tablespoons cake flour
- 2 eggs
- 0.3 cup greek yogurt

- 0.5 cup pecans chopped
- 0.3 teaspoon salt
- 0.5 cup steel-cut oats
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 4 1/2x8 1/2-inch loaf pan.
- Stir and coat blueberries with 2 tablespoons cake flour in a bowl.
- Mix coated blueberries, oats, pecans, 1 1/2 cups plus 3 tablespoons cake flour, baking soda, and salt in a bowl.
- Beat white sugar, 1/2 cup brown sugar, Greek yogurt, and applesauce together in a large bowl until light and fluffy.
- Add eggs, one at a time; beat after each addition.
- Add vanilla extract and mashed banana; beat lightly until well blended.
- Stir blueberry-flour mixture into yogurt mixture until just moistened. Spoon batter into prepared pan.
- Cut butter into 1/4 cup brown sugar in a small bowl until crumbly; sprinkle over batter.
- Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, about 55 minutes. Cool in the pan for 15 minutes; remove from pan and cool on wire rack for 1 hour.

Nutrition Facts

PROTEIN 7.61% FAT 32.64% CARBS 59.75%

Properties

Glycemic Index:29.07, Glycemic Load:11.72, Inflammation Score:-2, Nutrition Score:3.9791304702344%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.89mg, Delphinidin: 6.89mg, Delphinidin: 6.89mg, Delphinidin: 6.89mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 173.02kcal (8.65%), Fat: 6.53g (10.04%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 24.68g (8.97%), Sugar: 17.76g (19.74%), Cholesterol: 32.51mg (10.83%), Sodium: 168.47mg (7.32%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 3.42g (6.84%), Manganese: 0.34mg (16.94%), Fiber: 2.2g (8.8%), Selenium: 3.88µg (5.55%), Vitamin B6: 0.11mg (5.36%), Copper: 0.09mg (4.66%), Vitamin B2: 0.08mg (4.57%), Vitamin C: 3.53mg (4.27%), Phosphorus: 41.83mg (4.18%), Vitamin K: 4.04µg (3.85%), Iron: 0.69mg (3.82%), Potassium: 128.82mg (3.68%), Magnesium: 14.1mg (3.52%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.4mg (2.68%), Folate: 10.44µg (2.61%), Vitamin A: 124.12IU (2.48%), Vitamin E: 0.33mg (2.23%), Calcium: 22.27mg (2.23%), Vitamin B12: 0.1µg (1.64%), Vitamin B3: 0.3mg (1.49%)