



Blueberry-Banana-Oat Bread

 Vegetarian

READY IN



205 min.

SERVINGS



16

CALORIES



150 kcal

Ingredients

- ☐ 2.8 cups baking mix bisquick heart smart®
- ☐ 0.7 cup sugar
- ☐ 0.3 cup oats
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.3 cup milk
- ☐ 2 eggs
- ☐ 1 cup blueberries fresh thawed drained (and)

Equipment

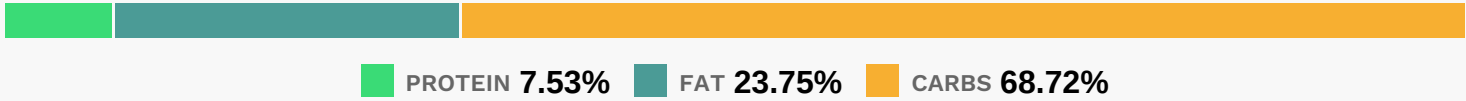
- ☐ bowl

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

Directions

- ☐ Heat oven to 375°F. Grease bottom only of 9x5-inch loaf pan with shortening or cooking spray.
- ☐ In large bowl, stir Bisquick mix, sugar, oats, bananas, milk and eggs until moistened; beat vigorously 30 seconds. Gently stir in blueberries.
- ☐ Pour into pan.
- ☐ Bake 45 to 60 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 cooling rack. Cool completely, about 2 hours, before slicing.

Nutrition Facts



Properties

Glycemic Index:16.74, Glycemic Load:8.02, Inflammation Score:-2, Nutrition Score:4.456956523916%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 150.39kcal (7.52%), Fat: 4.03g (6.19%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 25.15g (9.14%), Sugar: 13.01g (14.46%), Cholesterol: 21.33mg (7.11%), Sodium: 272.75mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Phosphorus: 146.31mg (14.63%), Manganese: 0.2mg (10.06%), Vitamin B1: 0.14mg (9.23%), Vitamin B2: 0.13mg (7.93%), Folate: 31.34µg (7.83%), Selenium: 4.04µg (5.76%), Vitamin B3: 1.06mg (5.3%), Calcium: 46.59mg (4.66%), Iron: 0.8mg (4.45%), Fiber: 1.06g (4.23%), Magnesium: 13.92mg (3.48%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.34mg (3.36%), Vitamin K: 3.25µg (3.1%), Copper: 0.06mg (2.76%), Potassium: 93.83mg (2.68%), Vitamin B12: 0.15µg (2.5%), Vitamin C: 1.77mg (2.15%), Zinc: 0.29mg (1.96%), Vitamin E: 0.16mg (1.07%), Vitamin D: 0.15µg (1.01%)