



Blueberry Upside-Down Banana Nut Bread



Vegetarian



Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 2 large bananas mashed
- ☐ 1 pint blueberries fresh
- ☐ 0.5 cup canola oil
- ☐ 1 egg white
- ☐ 3 eggs
- ☐ 2 tablespoons flax seeds
- ☐ 2 cups flour all-purpose

- ☐ 0.3 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water cold
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- ☐ Whisk together the canola oil, water, eggs, and egg white. Stir in the banana, then add 1 cup of sugar.
- ☐ Combine flour, baking soda, salt, and flax seeds in a separate bowl. Stir the banana mixture into the flour mixture. Fold in the pecans.
- ☐ Combine blueberries and 1/4 cup of sugar in a small bowl, then pour into the prepared pan. Carefully pour batter over the berries.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. When the cake is completely cool, run a paring knife between the cake and the edge of the pan. Hold the cake pan on its side and gently tap the sides of the pan against the counter to loosen it. Cover the cake pan with a plate or cooling rack, and invert it to tip the cake out of the pan and onto the plate.

Nutrition Facts

PROTEIN 9.83% FAT 25.83% CARBS 64.34%

Properties

Glycemic Index:46.98, Glycemic Load:37.69, Inflammation Score:-6, Nutrition Score:15.351739334024%

Flavonoids

Cyanidin: 7.16mg, Cyanidin: 7.16mg, Cyanidin: 7.16mg, Cyanidin: 7.16mg Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg, Petunidin: 24.87mg Delphinidin: 28.27mg, Delphinidin: 28.27mg, Delphinidin: 28.27mg, Delphinidin: 28.27mg Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg, Malvidin: 53.3mg Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg, Peonidin: 16mg Catechin: 7.27mg, Catechin: 7.27mg, Catechin: 7.27mg, Catechin: 7.27mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 385.29kcal (19.26%), Fat: 11.36g (17.47%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 58.11g (21.13%), Sugar: 22.16g (24.63%), Cholesterol: 81.84mg (27.28%), Sodium: 704.54mg (30.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Manganese: 0.97mg (48.33%), Selenium: 23.48µg (33.55%), Vitamin B1: 0.46mg (30.93%), Folate: 104.49µg (26.12%), Vitamin B2: 0.41mg (23.92%), Fiber: 5.54g (22.17%), Vitamin K: 18.6µg (17.72%), Iron: 2.97mg (16.52%), Vitamin B3: 3.27mg (16.34%), Vitamin B6: 0.29mg (14.43%), Phosphorus: 142.73mg (14.27%), Vitamin C: 11.66mg (14.14%), Copper: 0.26mg (12.77%), Magnesium: 48.03mg (12.01%), Potassium: 352.08mg (10.06%), Vitamin E: 1.48mg (9.85%), Vitamin B5: 0.85mg (8.5%), Zinc: 1.12mg (7.5%), Vitamin A: 192.94IU (3.86%), Calcium: 38.32mg (3.83%), Vitamin B12: 0.2µg (3.34%), Vitamin D: 0.44µg (2.93%)