



Bobra's Banana Bread

 Vegetarian

READY IN



100 min.

SERVINGS



6

CALORIES



380 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas ripe
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon kosher salt to taste

- ☐ 0.3 cup yogurt plain
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup sugar white
- ☐ 0.8 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan. In a bowl, whisk together the whole wheat flour, all-purpose flour, baking soda, kosher salt, cinnamon, and nutmeg.
- ☐ Mash together the butter and sugar in a mixing bowl until creamy; beat in the egg and vanilla extract with an electric beater. In a third bowl, mash the bananas with the yogurt until smooth.
- ☐ Mix the flour mixture into the butter mixture in several additions, alternating with the banana mixture until the batter is smooth.
- ☐ Pour into the prepared loaf pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the banana bread comes out clean, 50 to 60 minutes.
- ☐ Let the bread cool in the pan for 10 minutes, then finish cooling on a cooling rack.

Nutrition Facts



 PROTEIN **5.81%**  FAT **39.48%**  CARBS **54.71%**

Properties

Glycemic Index:57.31, Glycemic Load:26.9, Inflammation Score:-5, Nutrition Score:10.397826142933%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 379.67kcal (18.98%), Fat: 17.18g (26.43%), Saturated Fat: 10.34g (64.65%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 49.9g (18.15%), Sugar: 24.56g (27.29%), Cholesterol: 69.28mg (23.09%), Sodium: 514.39mg (22.36%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 5.69g (11.38%), Manganese: 0.91mg (45.63%), Selenium: 17.93µg (25.61%), Vitamin B6: 0.3mg (15.07%), Vitamin B1: 0.22mg (14.9%), Fiber: 3.67g (14.67%), Folate: 51.8µg (12.95%), Vitamin B2: 0.2mg (11.96%), Phosphorus: 112.49mg (11.25%), Vitamin A: 562.12IU (11.24%), Magnesium: 42.74mg (10.68%), Vitamin B3: 2.09mg (10.43%), Potassium: 315.24mg (9.01%), Iron: 1.58mg (8.79%), Copper: 0.14mg (6.97%), Vitamin C: 5.19mg (6.29%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.77mg (5.12%), Vitamin E: 0.7mg (4.67%), Calcium: 33.58mg (3.36%), Vitamin B12: 0.14µg (2.25%), Vitamin K: 2.05µg (1.95%), Vitamin D: 0.16µg (1.05%)