



Brazil & banana bread

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 100 ml unrefined sunflower oil for greasing
- ☐ 140 g sugar
- ☐ 140 g flour plain
- ☐ 140 g brazil nuts roughly chopped
- ☐ 50 g coconut flakes
- ☐ 1 tbsp butter diced
- ☐ 2 large banana with black skins is ideal (175g peeled weight) very ripe
- ☐ 1 large egg whites

- ☐ 5 tbsp milk
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.3 tsp ground cinnamon

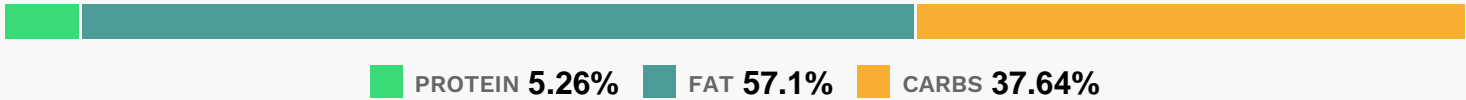
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease a 900g loaf tin, then line the base and ends with a long strip of baking parchment. Stir together 2 tbsp each of the sugar, flour, nuts and coconut.
- ☐ Add the butter and rub together to sticky crumbs. Set aside.
- ☐ Mash the bananas well, then stir in the sunflower oil, egg and milk. In a separate large bowl, mix half of the remaining sugar, followed by the remaining flour, nuts and coconut, then the baking powder and cinnamon.
- ☐ Whisk the egg white to stiff peaks, add the final bit of sugar and whisk again until stiff and shiny. Stir the banana mixture into the dry ingredients, then lightly fold in the egg white mixture. Gently scrape into the tin and scatter over the crumb mixture.
- ☐ Bake for 40 mins until a skewer poked in comes out clean, covering with foil if the bread starts to go too brown. Cool in the tin, then remove and thickly slice, eating with butter, if you like.

Nutrition Facts



Properties

Glycemic Index:32.91, Glycemic Load:17.35, Inflammation Score:-4, Nutrition Score:8.5078261170698%

Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 296.17kcal (14.81%), Fat: 19.34g (29.76%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 26.46g (9.62%), Sugar: 15.07g (16.74%), Cholesterol: 3.29mg (1.1%), Sodium: 37.34mg (1.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Manganese: 0.59mg (29.5%), Vitamin E: 3.82mg (25.45%), Selenium: 17.72µg (25.32%), Vitamin B1: 0.24mg (15.77%), Magnesium: 55.25mg (13.81%), Copper: 0.27mg (13.73%), Phosphorus: 106.25mg (10.62%), Fiber: 2.23g (8.92%), Folate: 26.87µg (6.72%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.21mg (6.05%), Iron: 1.06mg (5.91%), Vitamin B6: 0.12mg (5.86%), Potassium: 191.92mg (5.48%), Zinc: 0.72mg (4.79%), Calcium: 40.39mg (4.04%), Vitamin C: 2.04mg (2.47%), Vitamin B5: 0.22mg (2.17%), Vitamin A: 54.36IU (1.09%)