



Brown Sugar Banana Nut Bread II

 Vegetarian

READY IN



95 min.

SERVINGS



24

CALORIES



86 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 teaspoon baking soda
- ☐ 2 small bananas ripe sliced
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup milk

- ☐ 1 teaspoon salt
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup sugar white

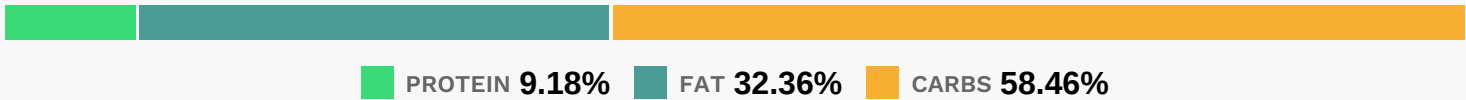
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start. If your machine has a Fruit setting, add the bananas and nuts at the signal, or about 5 minutes before the kneading cycle has finished.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:6.82, Inflammation Score:-1, Nutrition Score:2.8691303982683%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 86.22kcal (4.31%), Fat: 3.18g (4.89%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 12.25g (4.46%), Sugar: 5.67g (6.3%), Cholesterol: 16.76mg (5.59%), Sodium: 158.24mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Manganese: 0.16mg (8.16%), Vitamin B1: 0.11mg (7.27%), Folate: 27.06µg (6.77%), Selenium: 4.15µg (5.93%), Vitamin B2: 0.08mg (4.99%), Vitamin B3: 0.67mg (3.37%), Phosphorus: 33.37mg (3.34%), Vitamin B6: 0.06mg (3.11%), Copper: 0.06mg (3.09%), Iron: 0.54mg (3.02%), Fiber: 0.67g (2.69%), Magnesium: 9.28mg (2.32%), Vitamin B5: 0.2mg (1.96%), Potassium: 68.14mg (1.95%), Zinc: 0.24mg (1.58%), Calcium: 14.64mg (1.46%), Vitamin A: 63.06IU (1.26%), Vitamin B12: 0.06µg (1.04%)