

Buttermilk Banana Bread

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 tsp baking soda
- 1 cup fully bananas ripe mashed (3)
- 0.8 cup buttermilk
- 2 eggs
- 2 cups flour
- 0.5 cup philadelphia 1/3 less fat than cream cheese ()
- 0.8 cup granular no-calorie sweetener
- 0.5 tsp salt

0.3 cup planters walnuts chopped

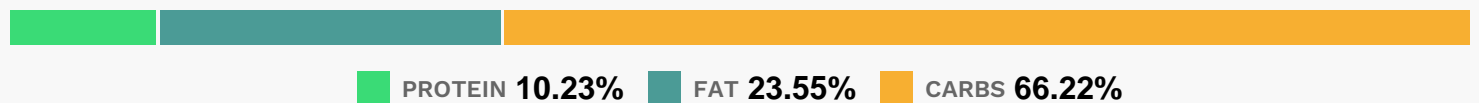
Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- toothpicks

Directions

- Heat oven to 350F.
- Mix first 3 ingredients; set aside. Beat reduced-fat cream cheese and sweetener in large bowl with mixer until blended. Gradually beat in buttermilk.
- Add bananas and eggs; mix well. Gradually beat in flour mixture just until blended. Stir in nuts.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 40 to 45 min. or until toothpick inserted in center comes out clean. Cool 5 min.; remove from pan to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:14.14, Inflammation Score:-2, Nutrition Score:4.3560869214327%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg 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: 142.57kcal (7.13%), Fat: 3.82g (5.87%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 23.31g (8.48%), Sugar: 9.78g (10.87%), Cholesterol: 25.75mg (8.58%), Sodium: 237.66mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Selenium: 7.92µg (11.31%), Manganese: 0.22mg (10.9%), Vitamin B1: 0.14mg (9.62%), Folate: 37.43µg (9.36%), Vitamin B2: 0.15mg (8.59%), Phosphorus: 59.22mg (5.92%), Iron: 0.93mg (5.18%), Vitamin B3: 1.04mg (5.18%), Copper: 0.08mg (3.89%), Vitamin B6: 0.07mg (3.56%), Fiber: 0.83g (3.32%), Calcium: 32.36mg (3.24%), Magnesium: 12.21mg (3.05%), Vitamin B5: 0.3mg (3.04%), Potassium: 102.72mg (2.93%), Vitamin B12: 0.17µg (2.83%), Zinc: 0.36mg (2.37%), Vitamin A: 96.15IU (1.92%), Vitamin D: 0.28µg (1.86%), Vitamin C: 0.85mg (1.03%)