



Cardamom Banana Bread

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



419 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 banana ripe mashed
- 0.8 cup brown sugar packed
- 0.3 cup canola oil
- 0.3 cup rum dark
- 2 eggs
- 1 cup flour all-purpose

- 1 teaspoon ground cardamom
- 0.7 cup raisins
- 1 teaspoon salt
- 0.5 cup walnut pieces toasted chopped
- 0.8 cup flour whole wheat

Equipment

- bowl
- frying pan
- sauce pan
- oven
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5 inch loaf pan.
- In a small saucepan, combine the raisins and the rum. Cook over medium heat until simmering, then remove from the heat and allow to cool 10 minutes.
- In a large bowl, mix together the mashed bananas, brown sugar, canola oil, and eggs with an electric mixer for 1 minute. Sift together the all-purpose flour, whole wheat flour, baking powder, baking soda, salt, and ground cardamom; stir into the egg mixture with a spoon until well blended, Stir in the walnuts and the rum soaked raisins last.
- Pour the batter into the prepared pan.
- Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted comes out clean. Allow bread to cool slightly before removing from the pan.

Nutrition Facts



PROTEIN 6.24% FAT 34.46% CARBS 59.3%

Properties

Glycemic Index:40.07, Glycemic Load:18.85, Inflammation Score:-4, Nutrition Score:11.870434818061%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 418.85kcal (20.94%), Fat: 15.81g (24.32%), Saturated Fat: 1.62g (10.16%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 57.06g (20.75%), Sugar: 25.72g (28.58%), Cholesterol: 40.92mg (13.64%), Sodium: 506.53mg (22.02%), Alcohol: 3.34g (100%), Alcohol %: 2.95% (100%), Protein: 6.44g (12.87%), Manganese: 1.05mg (52.72%), Selenium: 16.75µg (23.93%), Fiber: 4.16g (16.63%), Vitamin B1: 0.24mg (15.79%), Vitamin B6: 0.3mg (15.24%), Copper: 0.28mg (13.84%), Folate: 55.3µg (13.82%), Phosphorus: 135.54mg (13.55%), Vitamin E: 1.93mg (12.89%), Vitamin B2: 0.21mg (12.48%), Magnesium: 49.87mg (12.47%), Iron: 2.21mg (12.26%), Potassium: 393.68mg (11.25%), Vitamin B3: 2.03mg (10.13%), Calcium: 72.73mg (7.27%), Vitamin K: 7.37µg (7.02%), Zinc: 0.89mg (5.92%), Vitamin C: 4.65mg (5.64%), Vitamin B5: 0.53mg (5.27%), Vitamin A: 90.19IU (1.8%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)