



## Cardamom Banana Bread with Pistachios

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.8 teaspoon baking soda
- 1.5 cups banana ripe mashed ( 3 bananas)
- 0.5 cup brown sugar packed
- 0.3 cup butter softened
- 2 large eggs
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.5 teaspoon ground cardamom

- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup pistachios finely chopped
- 0.5 teaspoon salt

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- measuring cup

## Directions

- Preheat oven to 35
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine the flour, baking soda, and salt, stirring with a whisk.
- Place sugars and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute).
- Add the eggs, 1 at a time, beating well after each addition.
- Add banana, sour cream, and cardamom; beat until blended.
- Add flour mixture; beat at low speed just until moist. Stir in pistachios. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool bread completely on wire rack.

## Nutrition Facts



■ PROTEIN **7.37%** ■ FAT **27.07%** ■ CARBS **65.56%**

## Properties

Glycemic Index:17.05, Glycemic Load:14.63, Inflammation Score:-2, Nutrition Score:4.3691304870274%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 175.06kcal (8.75%), Fat: 5.37g (8.25%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 28.17g (10.24%), Sugar: 14.9g (16.55%), Cholesterol: 32.55mg (10.85%), Sodium: 162.11mg (7.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Selenium: 7.84µg (11.2%), Vitamin B1: 0.15mg (10.27%), Manganese: 0.2mg (9.97%), Folate: 36.35µg (9.09%), Vitamin B2: 0.13mg (7.55%), Vitamin B6: 0.12mg (5.83%), Iron: 1.04mg (5.76%), Vitamin B3: 1.07mg (5.34%), Phosphorus: 49.54mg (4.95%), Fiber: 1.07g (4.28%), Copper: 0.08mg (3.8%), Potassium: 122.95mg (3.51%), Vitamin A: 157.74IU (3.15%), Magnesium: 12.4mg (3.1%), Vitamin B5: 0.24mg (2.38%), Calcium: 22.9mg (2.29%), Zinc: 0.3mg (2.01%), Vitamin C: 1.42mg (1.73%), Vitamin E: 0.24mg (1.63%), Vitamin B12: 0.08µg (1.36%)