



Carrot Banana Bread

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup banana ripe mashed (2 large)
- 1.5 cup carrots grated (3 large)
- 2 eggs
- 1 cup flour all-purpose
- 0.5 cup golden raisins with a teaspoon of flour chopped
- 1.5 teaspoon ground cinnamon
- 0.8 cup sugar

- 0.8 cup nonfat greek yogurt
- 0.5 teaspoon nutmeg
- 0.5 cup nuts chopped
- 0.5 cup oatmeal
- 0.5 cup oatmeal
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup flour whole wheat

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees. Butter and flour a loaf pan. Set aside.
- Whisk together flour, baking soda, salt, cinnamon and nutmeg in medium mixing bowl; set aside. In a large mixing bowl whisk the yogurt and honey together.
- Add eggs and vanilla.
- Mix well.
- Add 1/4 of the flour mixture at a time and stir in – alternating with the banana and ending with the flour mixture. Scrap down sides and just mix until incorporated; don't over mix.
- Add carrot, raisins and walnuts. Stir until evenly mixed throughout. Spoon into the greased loaf pan.

- Sprinkle sunflower seeds over top if desired.
- Bake 55–60 minutes until a toothpick comes out clean. Cool for 15–20 minutes.
- Remove from pan and continue cooling on wire rack. Frost with cream cheese frosting if desired. In a medium mixing bowl with an electric mixer beat cream cheese, butter, and vanilla together on low–medium until fluffy.
- Add a cup and a half of sugar and a tablespoon of milk. Beat.
- Add more sugar and milk in small amounts beating after each addition until you get the consistency you want. Beat for two minutes on low until light and fluffy.

Nutrition Facts

PROTEIN 11.35%

FAT 17.9%

CARBS 70.75%

Properties

Glycemic Index:52.9, Glycemic Load:24.57, Inflammation Score:-9, Nutrition Score:13.452173913043%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 270.65kcal (13.53%), Fat: 5.59g (8.6%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 45.65g (16.6%), Sugar: 22.76g (25.28%), Cholesterol: 33.49mg (11.16%), Sodium: 260.4mg (11.32%), Protein: 7.97g (15.95%), Vitamin A: 3268.42IU (65.37%), Manganese: 1mg (49.97%), Selenium: 17.42µg (24.89%), Fiber: 4.06g (16.26%), Phosphorus: 162.24mg (16.22%), Vitamin B1: 0.22mg (14.38%), Magnesium: 53.7mg (13.43%), Vitamin B2: 0.22mg (13.02%), Copper: 0.24mg (11.78%), Folate: 45.3µg (11.33%), Vitamin B3: 2.14mg (10.7%), Iron: 1.92mg (10.65%), Vitamin B6: 0.21mg (10.35%), Potassium: 321.33mg (9.18%), Zinc: 1.2mg (8.01%), Vitamin B5: 0.58mg (5.85%), Calcium: 49.06mg (4.91%), Vitamin C: 2.71mg (3.29%), Vitamin K: 3.32µg (3.16%), Vitamin B12: 0.18µg (3.06%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.18µg (1.17%)