



Cathy's Banana Bread

 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



523 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup bananas mashed
- 2 eggs
- 2 cups flour all-purpose
- 0.3 cup butter
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour

- 1 teaspoon vanilla extract
- 1.3 cups sugar white

Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch pan, or two 7x3 inch loaf pans.
- Combine banana and sour cream. Set aside. In a large bowl, cream together the margarine and sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla and banana mixture.
- Combine the flour, baking soda, baking powder and salt; stir into the banana mixture.
- Spread the batter evenly into the prepared pan or pans.
- Bake for 50 minutes in the preheated oven, or until a toothpick inserted into the center of the bread comes out clean.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:58.35, Inflammation Score:-6, Nutrition Score:10.681739128154%

Flavonoids

Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 523.3kcal (26.17%), Fat: 17.12g (26.34%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 86.85g (28.95%), Net Carbohydrates: 84.75g (30.82%), Sugar: 50.49g (56.1%), Cholesterol: 77.18mg (25.73%), Sodium: 473.58mg (20.59%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 7.58g (15.16%), Selenium: 20.69µg (29.56%), Vitamin B1: 0.35mg (23.55%), Folate: 93.04µg (23.26%), Vitamin B2: 0.38mg (22.19%), Manganese: 0.4mg (19.87%), Vitamin B3: 2.76mg (13.81%), Vitamin A: 680.34IU (13.61%), Iron: 2.41mg (13.4%), Phosphorus: 128.25mg (12.82%), Vitamin B6: 0.2mg (9.88%), Calcium: 97.64mg (9.76%), Fiber: 2.1g (8.41%), Potassium: 252.99mg (7.23%), Vitamin B5: 0.67mg (6.7%), Magnesium: 25.43mg (6.36%), Copper: 0.11mg (5.52%), Zinc: 0.67mg (4.46%), Vitamin C: 3.63mg (4.4%), Vitamin E: 0.66mg (4.37%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.29µg (1.96%)