



Chai Banana Bread

 Vegetarian

READY IN



93 min.

SERVINGS



16

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1.5 cups banana ripe mashed (3)
- 0.5 cup brown sugar packed
- 5 tablespoons butter melted
- 2 large eggs
- 0.3 cup yogurt plain fat-free
- 2.3 cups flour all-purpose
- 0.5 cup granulated sugar

- 0.3 teaspoon ground allspice
- 0.8 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 1.5 teaspoons milk 1% low-fat
- 0.3 cup powdered sugar
- 0.5 teaspoon salt
- 1.3 teaspoons vanilla extract divided

Equipment

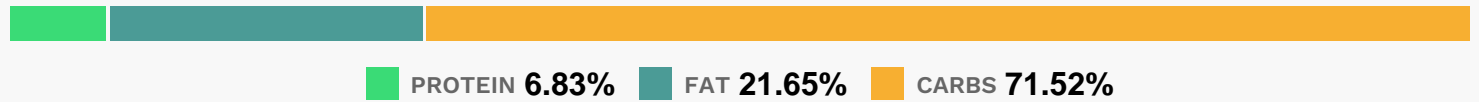
- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Combine first 4 ingredients in a bowl; beat with a mixer at medium speed just until blended.
- Add sugars; beat at medium just until blended.
- Weigh or spoon flour into dry measuring cups.
- Combine flour, soda, and salt.
- Add flour mixture to banana mixture; beat just until blended.
- Combine cardamom and next 3 ingredients. Stir 1 1/2 teaspoons spice mixture and 1 teaspoon vanilla into batter.
- Pour into a 9 x 5-inch loaf pan coated with cooking spray.

- Bake at 350 for 65 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on wire rack.
- Remove from pan; cool.
- Combine remaining spice mixture, remaining vanilla, powdered sugar, and milk.
- Drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:17.18, Glycemic Load:15.63, Inflammation Score:-2, Nutrition Score:4.27130437286%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 181.31kcal (9.07%), Fat: 4.41g (6.78%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 31.84g (11.58%), Sugar: 17.6g (19.55%), Cholesterol: 32.78mg (10.93%), Sodium: 167.7mg (7.29%), Alcohol: 0.1g (100%), Alcohol %: 0.21% (100%), Protein: 3.13g (6.26%), Selenium: 8.41µg (12.02%), Manganese: 0.21mg (10.7%), Vitamin B1: 0.15mg (9.87%), Folate: 38.76µg (9.69%), Vitamin B2: 0.14mg (8.35%), Iron: 1.05mg (5.82%), Vitamin B3: 1.16mg (5.8%), Phosphorus: 44.59mg (4.46%), Vitamin B6: 0.08mg (3.83%), Fiber: 0.91g (3.64%), Vitamin A: 153.72IU (3.07%), Potassium: 104.44mg (2.98%), Vitamin B5: 0.27mg (2.69%), Magnesium: 10.55mg (2.64%), Calcium: 25.74mg (2.57%), Copper: 0.05mg (2.33%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 1.3mg (1.58%), Vitamin E: 0.19mg (1.29%)