

Cherry-Banana Bread

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 tsp baking soda
- 1 cup fully bananas ripe mashed (3)
- 0.3 cup butter softened
- 1.5 tsp calumet baking powder
- 2 eggs
- 1.8 cups flour
- 0.7 cup brown sugar light packed
- 10 oz maraschino cherries

0.7 cup planters walnuts chopped

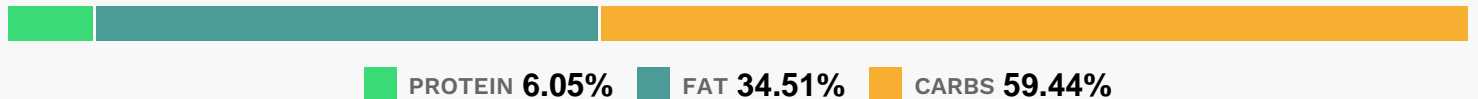
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- Heat oven to 350F.
- Drain maraschino cherries, reserving 2 Tbsp. juice.
- Cut cherries into quarters; set aside.
- Combine next 3 ingredients.
- Mix eggs, butter, sugar and reserved cherry juice in medium bowl until blended.
- Add bananas; mix well.
- Add flour mixture; stir just until moistened. Stir in cherries and nuts.
- Pour into 9-inch square baking pan sprayed with cooking spray.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool in pan 5 min.; remove to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:7.02, Inflammation Score:-2, Nutrition Score:3.7508695980777%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 156.94kcal (7.85%), Fat: 6.17g (9.49%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 22.7g (8.26%), Sugar: 13.68g (15.2%), Cholesterol: 16.37mg (5.46%), Sodium: 116.13mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Manganese: 0.24mg (11.78%), Selenium: 5.44µg (7.77%), Vitamin B1: 0.1mg (6.91%), Folate: 27.52µg (6.88%), Copper: 0.11mg (5.53%), Vitamin B2: 0.09mg (5.11%), Iron: 0.87mg (4.84%), Fiber: 1.21g (4.82%), Phosphorus: 45.47mg (4.55%), Calcium: 45.21mg (4.52%), Vitamin B3: 0.75mg (3.76%), Vitamin A: 171.05IU (3.42%), Vitamin B6: 0.06mg (3.24%), Magnesium: 12.56mg (3.14%), Potassium: 76.22mg (2.18%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.21mg (1.41%)