



Cherry-Walnut Banana Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



180 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 tsp double-acting baking powder
- 0.8 tsp baking soda
- 0.5 cup cherries dried (optional, though leaving them out will require a name change)
- 2 tbsp juice of lemon
- 3 banana
- 0.5 tsp salt
- 0.5 cup little demerara sugar dark (brown sugar, if you have it; I used demerara sugar)
- 4 ounces apple sauce unsweetened

- 0.5 cup walnut pieces chopped (ditto)
- 2 cups flour whole wheat

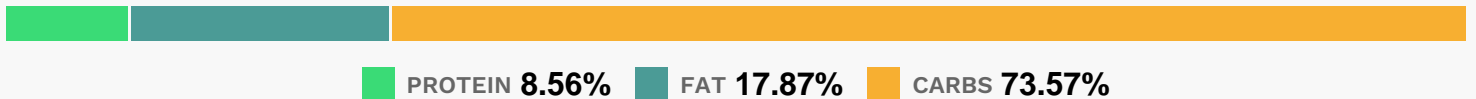
Equipment

- frying pan
- oven
- knife
- loaf pan
- toothpicks

Directions

- Add the dry ingredients to the banana mixture, and stir just until the mixture is well-combined. Spray or wipe a loaf pan with oil (I used non-stick spray on a silicon loaf pan).
- Spread the mixture evenly in the pan and bake until a toothpick or knife inserted in the center comes out clean, about 50 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:3.41, Inflammation Score:-4, Nutrition Score:8.0930434594984%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 180.12kcal (9.01%), Fat: 3.79g (5.83%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 31.29g (11.38%), Sugar: 15.64g (17.38%), Cholesterol: 0mg (0%), Sodium: 208.09mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.17%), Manganese: 1.07mg (53.31%), Selenium: 12.93µg

(18.47%), Fiber: 3.82g (15.28%), Vitamin B6: 0.22mg (10.98%), Magnesium: 43.75mg (10.94%), Phosphorus: 101.81mg (10.18%), Copper: 0.19mg (9.32%), Vitamin B1: 0.13mg (8.62%), Vitamin B3: 1.25mg (6.26%), Iron: 1.11mg (6.15%), Potassium: 211.77mg (6.05%), Folate: 20.26µg (5.07%), Zinc: 0.72mg (4.81%), Vitamin C: 3.69mg (4.47%), Vitamin A: 203.84IU (4.08%), Vitamin B2: 0.07mg (3.83%), Calcium: 36.08mg (3.61%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.22mg (1.5%)