



Classic Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1.5 cups banana ripe mashed (3 bananas)
- 0.3 cup butter softened
- 2 large eggs
- 2 cups flour all-purpose
- 0.3 cup yogurt plain low-fat
- 0.5 teaspoon salt
- 1 cup sugar

- 1 teaspoon vanilla extract

Equipment

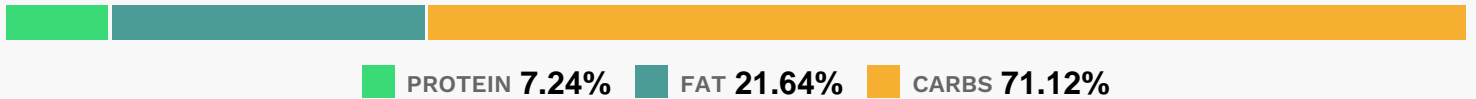
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- muffin liners
- measuring cup

Directions

- Preheat oven to 350.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine the flour, baking soda, and salt, stirring with a whisk.
- Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute).
- Add the eggs, 1 at a time, beating well after each addition.
- Add banana, yogurt, and vanilla; beat until blended.
- Add flour mixture; beat at low speed just until moist. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.
- Kid-Friendly Upgrades: Upgrade 1 Marble it. Stir 1 cup batter and 1/2 cup melted semisweet chocolate chips together in a small bowl. Spoon plain batter into pan, alternating with dollops of chocolate-chip batter. Drag a knife through batter to swirl.
- Bake as directed. Upgrade 2 Berry it. Fold 1 cup fresh blueberries into batter.

- Bake as directed. Upgrade 3 French-toast it.
- Cut bread into 3/4-inch slices. Toast until slightly crisp on both sides.
- Whisk together 2 eggs, 2 Tbsp. milk, ground cinnamon and nutmeg to taste as well as a pinch of salt in a shallow bowl. Dip bread in mixture, let excess drip off, then fry, turning once, in a nonstick skillet lightly coated with vegetable oil over medium-high heat. Upgrade 4 Chocolate-chip it. Fold 1 cup dark chocolate chips into batter.
- Bake as directed. Upgrade 5 Streusel it.
- Combine 2 Tbsp. rolled oats, 2 Tbsp. flour, 1 Tbsp. brown sugar, 1 Tbsp. butter, melted, and 1/4 tsp. ground nutmeg in a medium bowl. Divide batter among 12 paper-lined muffin cups. Top with streusel.
- Bake at 350F until done, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index: 17.85, Glycemic Load: 21.61, Inflammation Score: -2, Nutrition Score: 4.2295652161474%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, 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: 178.08kcal (8.9%), Fat: 4.33g (6.66%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 31.12g (11.32%), Sugar: 16.74g (18.6%), Cholesterol: 35.64mg (11.88%), Sodium: 182.66mg (7.94%), Alcohol: 0.1g (100%), Alcohol %: 0.19% (100%), Protein: 3.26g (6.52%), Selenium: 8.73µg (12.47%), Vitamin B1: 0.15mg (10.05%), Folate: 40.01µg (10%), Vitamin B2: 0.15mg (8.79%), Manganese: 0.17mg (8.44%), Vitamin B3: 1.18mg (5.88%), Iron: 1.01mg (5.61%), Phosphorus: 46.35mg (4.64%), Vitamin B6: 0.08mg (4.1%), Fiber: 0.9g (3.6%), Vitamin A: 153.13IU (3.06%), Potassium: 101.85mg (2.91%), Vitamin B5: 0.28mg (2.8%), Magnesium: 10.23mg (2.56%), Copper: 0.05mg (2.27%), Zinc: 0.3mg (1.99%), Calcium: 19.36mg (1.94%), Vitamin C: 1.44mg (1.75%), Vitamin B12: 0.1µg (1.72%), Vitamin E: 0.2mg (1.32%)