



## Classic Banana Bread

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed
- 0.3 cup butter softened
- 1.5 teaspoons calumet baking powder
- 2 eggs
- 2.3 cups flour
- 1 cup cream sour
- 0.5 teaspoon salt

- 1 cup sugar
- 1 cup walnuts chopped

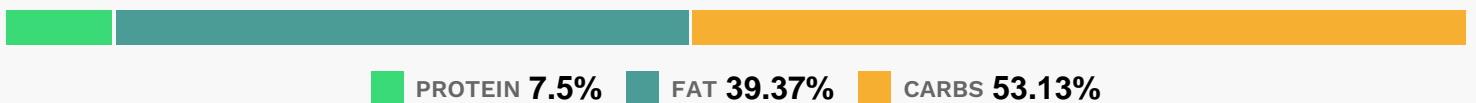
## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- toothpicks

## Directions

- Heat oven to 350 degrees F. Beat butter and sugar in large bowl with mixer until well blended.
- Add bananas, sour cream and eggs; mix well.
- Add combined dry ingredients; mix just until moistened. Stir in nuts.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to wire rack. Cool completely before slicing to serve. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:22.62, Glycemic Load:19.67, Inflammation Score:-3, Nutrition Score:5.7247826405193%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 221.32kcal (11.07%), Fat: 9.93g (15.28%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 28.96g (10.53%), Sugar: 13.91g (15.46%), Cholesterol: 33.12mg (11.04%), Sodium: 189.89mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Manganese: 0.4mg (19.86%), Selenium: 8.66µg (12.37%), Vitamin B1: 0.17mg (11.6%), Folate: 45.48µg (11.37%), Vitamin B2: 0.15mg (8.86%), Copper: 0.16mg (7.81%), Phosphorus: 76.51mg (7.65%), Iron: 1.21mg (6.71%), Vitamin B3: 1.2mg (5.99%), Calcium: 56.68mg (5.67%), Magnesium: 20.22mg (5.06%), Fiber: 1.21g (4.84%), Vitamin B6: 0.09mg (4.69%), Potassium: 123.88mg (3.54%), Vitamin A: 172.95IU (3.46%), Zinc: 0.51mg (3.4%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.25mg (1.7%), Vitamin C: 1.04mg (1.26%)