



Country Banana Bread

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 bananas mashed
- ☐ 3 eggs
- ☐ 1.3 cups vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

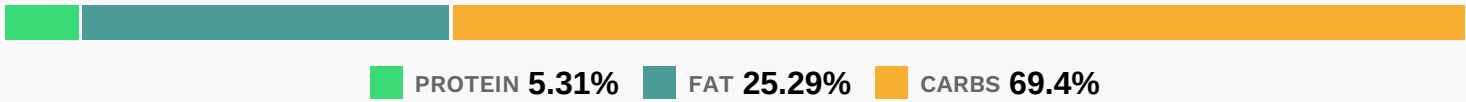
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- ☐ In a mixing bowl, combine cake mix, eggs, oil, and bananas.
- ☐ Pour mixture into the prepared pan.
- ☐ Bake in preheated 350 degrees F (175 degrees C) for 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:5.22, Inflammation Score:-3, Nutrition Score:7.6204347921454%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 302.67kcal (15.13%), Fat: 8.66g (13.33%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 51.65g (18.78%), Sugar: 28.2g (31.34%), Cholesterol: 49.1mg (16.37%), Sodium: 395.87mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Phosphorus: 196.91mg (19.69%), Folate: 50.83µg (12.71%), Vitamin B2: 0.21mg (12.61%), Calcium: 118.92mg (11.89%), Vitamin K: 12.47µg (11.87%), Vitamin B6: 0.24mg (11.78%), Manganese: 0.23mg (11.5%), Vitamin B1: 0.14mg (9.3%), Selenium: 6.08µg (8.68%), Iron: 1.43mg (7.95%), Vitamin B3: 1.52mg (7.61%), Vitamin E: 1.14mg (7.58%), Fiber: 1.85g (7.39%), Potassium: 211.51mg (6.04%), Vitamin B5: 0.55mg (5.48%), Vitamin C: 4.11mg (4.98%), Magnesium: 19.5mg (4.88%), Copper: 0.08mg (4.18%), Vitamin B12: 0.17µg (2.82%), Zinc: 0.38mg (2.54%), Vitamin A: 101.49IU (2.03%), Vitamin D: 0.26µg (1.76%)