

Cranberry Banana Bread

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed (2 medium)
- 0.5 cup cranberries dried
- 2 eggs
- 1.5 cups flour all-purpose
- 0.3 cup graham cracker crumbs whole (2 crackers)
- 0.5 teaspoon salt

- 0.3 cup shortening
- 0.7 cup sugar
- 0.5 cup walnut pieces chopped

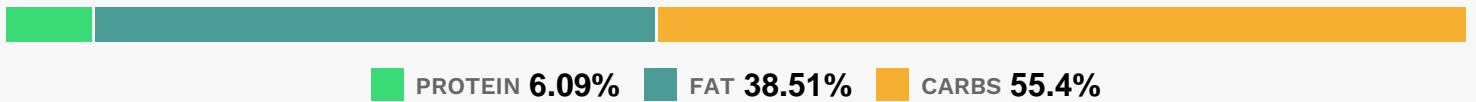
Equipment

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

Directions

- In a large bowl, cream shortening and sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Stir in bananas.
- Combine the flour, cracker crumbs, baking powder, baking soda and salt; gradually add to creamed mixture and mix well. Fold in walnuts and cranberries.
- Pour into a greased 8-in. x 4-in. loaf pan.
- Bake at 350° for 50–55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:32.16, Glycemic Load:19.22, Inflammation Score:-2, Nutrition Score:5.2586956438811%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg,

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 229.2kcal (11.46%), Fat: 10.09g (15.52%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 31.24g (11.36%), Sugar: 17.01g (18.9%), Cholesterol: 27.28mg (9.09%), Sodium: 222.41mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Manganese: 0.32mg (16.15%), Selenium: 8.01µg (11.44%), Vitamin B1: 0.15mg (10.21%), Folate: 40.39µg (10.1%), Vitamin B2: 0.14mg (8.02%), Iron: 1.21mg (6.72%), Phosphorus: 67.08mg (6.71%), Copper: 0.12mg (5.99%), Vitamin B3: 1.18mg (5.91%), Fiber: 1.42g (5.69%), Vitamin B6: 0.1mg (4.79%), Calcium: 43.76mg (4.38%), Magnesium: 17.11mg (4.28%), Vitamin E: 0.59mg (3.92%), Vitamin K: 3.68µg (3.5%), Vitamin B5: 0.3mg (3%), Potassium: 100.03mg (2.86%), Zinc: 0.43mg (2.83%), Vitamin C: 1.16mg (1.41%), Vitamin B12: 0.07µg (1.09%)