



 1%  
HEALTH SCORE

# Curious George's Gluten-Free Banana Nut Bread

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 cup shortening
- 0.5 cup butter unsalted at room temperature
- 0.5 cup sugar dried raw canned (I used Sucanat - can juice)
- 1.5 cups banana
- 1 tablespoon juice of lemon
- 2 eggs
- 2 cups flour gluten-free (I used my cake blend)

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon salt
- 0.5 cup walnuts

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- loaf pan
- spatula

## Directions

- Preheat oven to 35
- Grease a loaf pan and set aside.
- Combine the flour, baking powder and salt in a bowl and set aside.
- Cream the shortening, butter and sugar together.
- Add the banana, lemon and eggs and beat to incorporate.
- Slowly add flour mixture and beat to incorporate.
- If using nuts, toss them loosely on a cookie sheet and toast for about 4 minutes, checking every minute, until slightly brown. Toss them into batter and stir in.
- Pour batter into prepared pan and press down with a spatula to flatten.
- Bake for 75 90 minutes or until the top is brown and the bread gives a little to the touch.

## Nutrition Facts



**PROTEIN 5.05%** **FAT 59.34%** **CARBS 35.61%**

## Properties

Glycemic Index:29.61, Glycemic Load:12.32, Inflammation Score:-3, Nutrition Score:6.5926086956522%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Taste

Sweetness: 73.56%, Saltiness: 14.63%, Sourness: 15.29%, Bitterness: 16.37%, Savoriness: 13.22%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 452.86kcal (22.64%), Fat: 31.29g (48.14%), Saturated Fat: 11.32g (70.72%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 37.97g (13.81%), Sugar: 17.21g (19.13%), Cholesterol: 71.42mg (23.81%), Sodium: 322.61mg (14.03%), Protein: 5.99g (11.98%), Fiber: 4.29g (17.16%), Manganese: 0.33mg (16.52%), Calcium: 126.73mg (12.67%), Iron: 1.75mg (9.74%), Phosphorus: 89.69mg (8.97%), Vitamin E: 1.31mg (8.75%), Vitamin A: 433.52IU (8.67%), Vitamin B6: 0.16mg (8.13%), Vitamin K: 8.18µg (7.79%), Copper: 0.15mg (7.49%), Selenium: 4.24µg (6.06%), Magnesium: 21.27mg (5.32%), Vitamin B2: 0.09mg (5.25%), Folate: 18.76µg (4.69%), Potassium: 154.03mg (4.4%), Vitamin B5: 0.41mg (4.09%), Vitamin C: 3.27mg (3.96%), Vitamin D: 0.43µg (2.89%), Zinc: 0.43mg (2.84%), Vitamin B1: 0.04mg (2.79%), Vitamin B12: 0.12µg (2.03%), Vitamin B3: 0.28mg (1.42%)