



Dad's Banana Nut Bread

 Vegetarian

READY IN



100 min.

SERVINGS



16

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 bananas very ripe mashed
- 0.5 cup butter softened
- 2 eggs
- 0.3 cup flax seed meal
- 1 cup self-rising flour
- 1 cup sugar white

Equipment

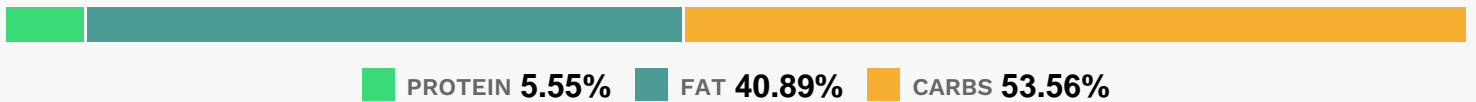
- frying pan

- oven
- mixing bowl
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Grease a 9x5-inch loaf pan.
- In a mixing bowl, beat the butter and sugar with an electric mixer until light and fluffy.
- Beat in the eggs one at a time, followed by the bananas.
- Mix in the self-rising flour and flax seed meal until just incorporated.
- Fold in the walnuts.
- Pour batter into the prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 20 to 25 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.12, Glycemic Load:14.04, Inflammation Score:-2, Nutrition Score:2.9082609026328%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg 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: 161.53kcal (8.08%), Fat: 7.55g (11.61%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 20.99g (7.63%), Sugar: 14.36g (15.96%), Cholesterol: 35.71mg (11.9%), Sodium: 54.6mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Manganese: 0.17mg (8.29%), Selenium: 5.72µg

(8.17%), Fiber: 1.25g (5.01%), Vitamin A: 216.57IU (4.33%), Magnesium: 16.54mg (4.13%), Phosphorus: 39.47mg (3.95%), Vitamin B6: 0.08mg (3.92%), Vitamin B1: 0.05mg (3.63%), Copper: 0.06mg (3.05%), Vitamin B2: 0.05mg (2.91%), Folate: 10.5µg (2.63%), Potassium: 90.49mg (2.59%), Vitamin B5: 0.2mg (2%), Iron: 0.36mg (1.98%), Zinc: 0.28mg (1.84%), Vitamin E: 0.28mg (1.84%), Vitamin C: 1.3mg (1.57%), Calcium: 13.19mg (1.32%), Vitamin B3: 0.26mg (1.3%), Vitamin B12: 0.06µg (1.02%)