



Delicious Raisin Nut Banana Bread

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 0.3 cup brown sugar
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 2 cups raisin nut bran cereal

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup sugar white

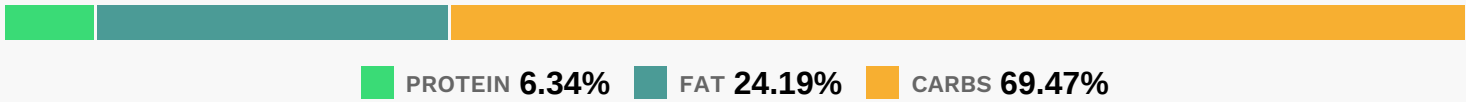
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease the bottom of a 9x5 inch loaf pan.
- ☐ In a bowl, combine the raisin nut bran cereal and milk; let stand for 5 minutes.
- ☐ In a large bowl, sift together flour, baking powder, baking soda and salt. In a separate bowl, beat together mashed banana, sugar, brown sugar, vegetable oil and egg.
- ☐ Combine the cereal and banana mixtures. Stir in the flour mixture just until combined.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of loaf comes out clean.
- ☐ Let cool before slicing.

Nutrition Facts



Properties

Glycemic Index:54.98, Glycemic Load:32.6, Inflammation Score:-6, Nutrition Score:15.513043341429%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 402.94kcal (20.15%), Fat: 11.19g (17.21%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 68.11g (24.77%), Sugar: 36.13g (40.15%), Cholesterol: 29.72mg (9.91%), Sodium: 623.5mg (27.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.19%), Manganese: 0.92mg (46.09%), Folate: 132.4µg (33.1%), Iron: 5.58mg (30.98%), Vitamin B1: 0.39mg (25.69%), Vitamin B2: 0.38mg (22.06%), Selenium: 14.86µg (21.23%), Phosphorus: 192.47mg (19.25%), Calcium: 188.65mg (18.86%), Vitamin B3: 3.72mg (18.6%), Fiber: 4.19g (16.77%), Vitamin K: 17.38µg (16.55%), Vitamin B6: 0.29mg (14.57%), Magnesium: 51.44mg (12.86%), Vitamin B12: 0.67µg (11.11%), Potassium: 279.82mg (7.99%), Zinc: 1.19mg (7.91%), Copper: 0.15mg (7.72%), Vitamin A: 338.5IU (6.77%), Vitamin E: 0.98mg (6.53%), Vitamin D: 0.7µg (4.7%), Vitamin B5: 0.46mg (4.61%), Vitamin C: 2.35mg (2.85%)