



Double-Banana Bread

 Vegetarian

READY IN



205 min.

SERVINGS



16

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup buttermilk
- ☐ 2 teaspoons vanilla
- ☐ 1 eggs
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon baking soda

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup banana chips dried chopped
- ☐ 2 cups corn flakes/bran flakes crushed oatmeal crisp®
- ☐ 0.5 cup corn flakes/bran flakes crushed oatmeal crisp®
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons vegetable oil
- ☐ 2 tablespoons banana chips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9x5-inch loaf pan with cooking spray. In large bowl, beat 3/4 cup sugar and 1/4 cup oil with electric mixer on low speed until well mixed. Beat in buttermilk, vanilla and egg just until blended; beat in bananas.
- ☐ With spoon, stir in flour, baking soda and salt just until blended. Set aside 2 tablespoons chopped banana chips for topping. Stir remaining banana chips and 2 cups cereal into flour mixture. Spoon into pan; spread evenly. In small bowl, mix topping ingredients until crumbly.
- ☐ Sprinkle over batter in pan; pat lightly onto batter.
- ☐ Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 2 hours, before slicing.

Nutrition Facts



 **PROTEIN 6.15%**  **FAT 30.08%**  **CARBS 63.77%**

Properties

Glycemic Index:27.84, Glycemic Load:19.54, Inflammation Score:-4, Nutrition Score:7.7921738676403%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 201.44kcal (10.07%), Fat: 6.91g (10.63%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 30.71g (11.17%), Sugar: 14.89g (16.54%), Cholesterol: 11.47mg (3.82%), Sodium: 155.1mg (6.74%), Alcohol: 0.17g (100%), Alcohol %: 0.33% (100%), Protein: 3.18g (6.35%), Manganese: 0.45mg (22.44%), Folate: 74.83µg (18.71%), Iron: 2.63mg (14.61%), Vitamin B1: 0.22mg (14.55%), Selenium: 10.08µg (14.4%), Vitamin B2: 0.21mg (12.16%), Vitamin B3: 2.08mg (10.42%), Fiber: 2.26g (9.03%), Vitamin B6: 0.17mg (8.58%), Vitamin K: 7.6µg (7.24%), Magnesium: 26.23mg (6.56%), Phosphorus: 65.3mg (6.53%), Vitamin B12: 0.39µg (6.48%), Vitamin A: 200.5IU (4.01%), Copper: 0.08mg (3.94%), Potassium: 134.78mg (3.85%), Zinc: 0.56mg (3.73%), Vitamin E: 0.44mg (2.95%), Vitamin B5: 0.28mg (2.75%), Vitamin D: 0.41µg (2.72%), Calcium: 21.27mg (2.13%), Vitamin C: 1.18mg (1.43%)