



Double Banana Nut Bread



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



16

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 5 cups bananas mashed
- ☐ 4 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon salt
- ☐ 1.3 cups vegetable oil
- ☐ 2 cups walnuts chopped

☐ 2 cups sugar white

Equipment

☐ bowl

☐ oven

☐ knife

☐ loaf pan

☐ hand mixer

Directions

☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5-inch loaf pans.

☐ Beat vegetable oil and sugar together in a bowl until creamy and smooth; stir in eggs.

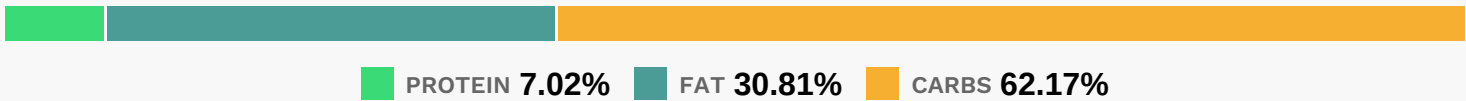
☐ Mash bananas and lemon juice together in a separate bowl; mix into oil mixture until just incorporated.

☐ Sift flour, baking powder, and salt together in a third bowl; slowly mix into wet mixture using an electric mixer on low until just incorporated. Fold in walnuts.

☐ Pour batter into the two prepared loaf pans.

☐ Bake in the preheated oven until a knife inserted in the center of the loaf comes out clean, about 1 hour 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.49, Glycemic Load:43.07, Inflammation Score:-5, Nutrition Score:12.689130311427%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 417.08kcal (20.85%), Fat: 14.84g (22.82%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 63.68g (23.16%), Sugar: 34.06g (37.84%), Cholesterol: 40.92mg (13.64%), Sodium: 321.84mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.21%), Manganese: 0.91mg (45.35%), Folate: 90.94µg (22.74%), Selenium: 15.54µg (22.21%), Vitamin B1: 0.32mg (21.44%), Vitamin B6: 0.37mg (18.47%), Copper: 0.34mg (17.12%), Vitamin B2: 0.28mg (16.64%), Phosphorus: 154.54mg (15.45%), Fiber: 3.66g (14.63%), Iron: 2.43mg (13.51%), Magnesium: 50.75mg (12.69%), Vitamin B3: 2.49mg (12.43%), Calcium: 117.23mg (11.72%), Potassium: 366.63mg (10.48%), Vitamin C: 6.67mg (8.09%), Vitamin K: 7.55µg (7.2%), Vitamin B5: 0.62mg (6.25%), Zinc: 0.92mg (6.14%), Vitamin E: 0.61mg (4.04%), Vitamin A: 107.38IU (2.15%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)