

Easy Banana Bread

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tsp baking soda
- 1.3 cups fully bananas ripe mashed (3)
- 1 eggs
- 1.5 cups flour
- 0.5 cup miracle whip dressing
- 1 tsp salt
- 1 cup sugar
- 0.5 cup planters walnuts chopped

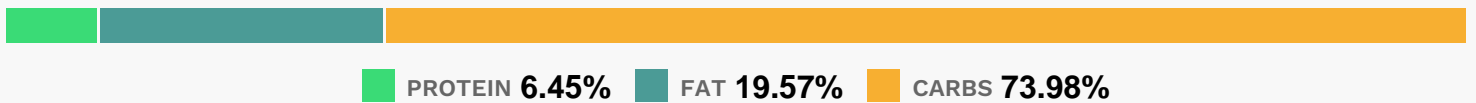
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- Heat oven to 350F.
- Whisk egg, dressing and bananas in large bowl until blended.
- Combine remaining ingredients.
- Add to banana mixture; stir just until moistened.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool in pan 10 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:17.74, Inflammation Score:-2, Nutrition Score:3.5173913039591%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg 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: 145.54kcal (7.28%), Fat: 3.26g (5.02%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.62g (9.68%), Sugar: 15.96g (17.73%), Cholesterol: 11.68mg (3.89%), Sodium: 310.68mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Manganese: 0.26mg (12.81%), Selenium: 5.54µg (7.92%), Vitamin B1: 0.12mg (7.78%), Folate: 30.74µg (7.69%), Vitamin B2: 0.09mg (5.49%), Copper: 0.09mg (4.68%), Iron: 0.8mg (4.43%), Fiber: 1.11g (4.43%), Vitamin B3: 0.87mg (4.36%), Vitamin B6: 0.08mg (4.02%), Phosphorus: 36.16mg (3.62%), Magnesium: 12.87mg (3.22%), Potassium: 86.82mg (2.48%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.17mg (1.66%), Vitamin C: 1.21mg (1.47%)