

Easy Banana Bread

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup banana very ripe mashed (from 3 medium bananas)
- 2 large eggs lightly beaten at room temperature
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 0.5 teaspoon salt fine
- 8 tablespoons butter unsalted melted plus more for coating the pan (1 stick)
- 0.3 cup water at room temperature

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- spatula
- skewers

Directions

- Heat the oven to 325°F and arrange a rack in the middle. Coat a 9-by-5-inch metal loaf pan with butter; set aside.
- Whisk together the flour, baking soda, and salt in a medium bowl; set aside.
- Whisk together the measured butter and sugar in a large bowl.
- Add the eggs and banana and whisk until smooth.
- Add half of the flour mixture and stir with a rubber spatula until just combined.
- Add half of the water and stir until just combined. Repeat with the remaining flour mixture and water, stirring until just combined.
- Pour the batter into the prepared pan and smooth out the top.
- Bake until the bread begins to pull away from the sides of the pan and a wooden skewer inserted into the center comes out clean, about 1 hour to 70 minutes.
- Remove the pan to a wire rack and let the bread cool in the pan for 10 minutes. Then turn the bread out onto the rack to cool completely.

Nutrition Facts



PROTEIN 5.86% **FAT 33.42%** **CARBS 60.72%**

Properties

Glycemic Index:24.98, Glycemic Load:36.78, Inflammation Score:-4, Nutrition Score:6.9008695871934%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 344.94kcal (17.25%), Fat: 12.99g (19.99%), Saturated Fat: 7.65g (47.83%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 51.79g (18.83%), Sugar: 27.38g (30.42%), Cholesterol: 76.6mg (25.53%), Sodium: 302.99mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.25%), Selenium: 14.91µg (21.3%), Vitamin B1: 0.26mg (17.12%), Folate: 67.23µg (16.81%), Vitamin B2: 0.23mg (13.81%), Manganese: 0.27mg (13.46%), Vitamin B3: 1.98mg (9.92%), Iron: 1.73mg (9.63%), Vitamin A: 429.36IU (8.59%), Phosphorus: 65.99mg (6.6%), Fiber: 1.33g (5.32%), Vitamin B6: 0.1mg (5.21%), Vitamin B5: 0.41mg (4.07%), Copper: 0.07mg (3.72%), Potassium: 121.7mg (3.48%), Magnesium: 13.82mg (3.45%), Vitamin E: 0.49mg (3.29%), Vitamin D: 0.46µg (3.07%), Zinc: 0.42mg (2.83%), Vitamin B12: 0.14µg (2.25%), Vitamin C: 1.63mg (1.98%), Calcium: 16.62mg (1.66%), Vitamin K: 1.21µg (1.15%)