



## Easy Banana Nut Bread

READY IN



90 min.

SERVINGS



30

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 cup fully bananas ripe mashed ( 2)
- 0.5 cup butter softened
- 2.3 tsp calumet baking powder
- 2 eggs
- 1.5 cups flour
- 0.5 cup milk
- 0.8 cup sugar
- 1.3 cups vanilla wafers crushed finely
- 0.8 cup planters walnuts divided chopped

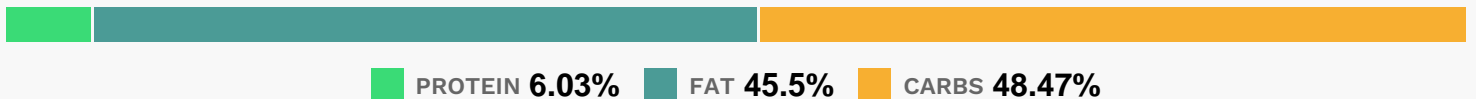
## Equipment

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

## Directions

- Heat oven to 350F.
- Mix flour, wafer crumbs and baking powder until blended.
- Beat butter and sugar in medium bowl with mixer until light and fluffy.
- Add eggs; mix well. Blend in bananas.
- Add flour mixture alternately with milk, beating well after each addition. Stir in 1/2 cup nuts.
- Pour into 9x5-inch loaf pan sprayed with cooking spray; sprinkle with remaining nuts.
- Bake 1 hour 10 min. or until toothpick inserted in center comes out clean. Cool 10 min.
- Remove from pan to wire rack; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:14.23, Glycemic Load:10.23, Inflammation Score:-2, Nutrition Score:2.641304348474%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 120.79kcal (6.04%), Fat: 6.25g (9.62%), Saturated Fat: 1.26g (7.84%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 14.43g (5.25%), Sugar: 7.35g (8.16%), Cholesterol: 11.45mg (3.82%), Sodium: 99.85mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Manganese: 0.16mg (7.86%), Vitamin B1: 0.08mg (5.58%), Folate: 20.75µg (5.19%), Selenium: 3.32µg (4.74%), Vitamin B2: 0.07mg (4.17%), Phosphorus: 38.9mg (3.89%), Calcium: 33.92mg (3.39%), Vitamin A: 161.54IU (3.23%), Copper: 0.06mg (3.1%), Vitamin B3: 0.56mg (2.81%), Iron: 0.48mg (2.68%), Fiber: 0.56g (2.24%), Vitamin B6: 0.04mg (2.23%), Magnesium: 8.4mg (2.1%), Potassium: 53.25mg (1.52%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.24%), Vitamin E: 0.18mg (1.2%)