



Eileen's Best Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



211 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup flaxseed meal
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 0.5 cup walnuts chopped
- ☐ 0.8 cup flour whole-wheat

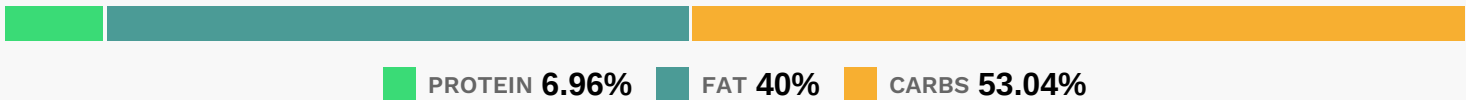
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients (through baking soda) in a large bowl, stirring with a whisk.
- ☐ Combine banana and next 4 ingredients (through oil) in a small bowl.
- ☐ Add banana mixture to flour mixture, stirring just until moist.
- ☐ Spoon the batter into a 9 x 5inch loaf pan coated with cooking spray.
- ☐ Bake at 325 for 1 hour and 15 minutes or until a wooden pick inserted into the center comes out clean. Cool for 10 minutes in pan on a wire rack, and remove from pan. Cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:28.66, Glycemic Load:14.59, Inflammation Score:-3, Nutrition Score:6.7369564512502%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 210.73kcal (10.54%), Fat: 9.76g (15.01%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 26.53g (9.65%), Sugar: 14.95g (16.61%), Cholesterol: 0.61mg (0.2%), Sodium: 186.63mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Manganese: 0.64mg (32.12%), Selenium: 8.91µg (12.72%), Vitamin B1: 0.18mg (11.91%), Fiber: 2.58g (10.3%), Phosphorus: 98.23mg (9.82%), Magnesium: 37.97mg (9.49%), Copper: 0.17mg (8.61%), Folate: 28.9µg (7.22%), Vitamin B6: 0.13mg (6.34%), Vitamin E: 0.93mg (6.23%), Iron: 1.05mg (5.83%), Vitamin B2: 0.1mg (5.71%), Calcium: 56.08mg (5.61%), Vitamin B3: 1.09mg (5.43%), Potassium: 153.16mg (4.38%), Zinc: 0.66mg (4.37%), Vitamin K: 3.85µg (3.67%), Vitamin B5: 0.24mg (2.42%), Vitamin C: 1.25mg (1.52%)