

Extreme Banana Nut Bread

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



447 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 cups overripe bananas mashed
- 1 cup butter
- 4 eggs beaten
- 2 cups flour all-purpose
- 1 teaspoon salt
- 1 cup walnuts chopped
- 2 cups sugar white

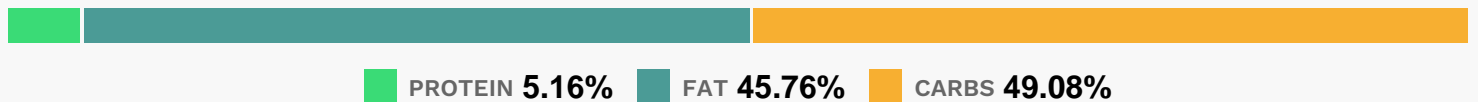
Equipment

- bowl
- oven
- knife
- wire rack
- loaf pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans.
- Sift the flour, salt and baking soda into a large bowl. In a separate bowl, mix together the butter or margarine and sugar until smooth. Stir in the bananas, eggs, and walnuts until well blended.
- Pour the wet ingredients into the dry mixture, and stir just until blended. Divide the batter evenly between the two loaf pans.
- Bake for 60 to 70 minutes in the preheated oven, until a knife inserted into the crown of the loaf comes out clean.
- Let the loaves cool in the pans for at least 5 minutes, then turn out onto a cooling rack, and cool completely. Wrap in aluminum foil to keep in the moisture. Ideally, refrigerate the loaves for 2 hours or more before serving.

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:37.67, Inflammation Score:-6, Nutrition Score:8.4269564968088%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 447.17kcal (22.36%), Fat: 23.37g (35.96%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 56.41g (18.8%), Net Carbohydrates: 54.54g (19.83%), Sugar: 36.68g (40.76%), Cholesterol: 54.56mg (18.19%), Sodium: 576.6mg (25.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Manganese: 0.55mg (27.42%), Selenium: 12.49µg (17.85%), Vitamin A: 773.8IU (15.48%), Folate: 59.76µg (14.94%), Vitamin B1: 0.21mg (14.15%), Vitamin B2: 0.22mg (12.71%), Copper: 0.22mg (10.88%), Phosphorus: 95.13mg (9.51%), Vitamin B6: 0.18mg (9%), Iron: 1.59mg (8.84%), Vitamin B3: 1.52mg (7.6%), Fiber: 1.87g (7.46%), Magnesium: 29.07mg (7.27%), Vitamin E: 0.85mg (5.64%), Potassium: 183.68mg (5.25%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.68mg (4.52%), Vitamin C: 2.34mg (2.84%), Calcium: 28.27mg (2.83%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.29µg (1.96%)