



Favorite Banana Blueberry Quick Bread

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



552 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup bananas mashed
- 0.5 cup blueberries fresh
- 2 eggs
- 1.6 cups flour all-purpose
- 0.5 cup pecans chopped
- 0.5 cup cooking oats quick
- 0.3 teaspoon salt

- 0.5 cup shortening
- 1 cup sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan.
- In a medium bowl, dredge blueberries in 2 tablespoons flour. Gently stir blueberries together with oats, nuts, 1 1/2 cups flour, soda, and salt.
- In a large bowl, cream shortening. Gradually add sugar, beating until light and fluffy.
- Add eggs one at a time, beating well after each addition. Stir in mashed banana.
- Add blueberry mixture to creamed mixture, and stir just until moistened. Spoon batter into the prepared pan.
- Bake for 50 to 55 minutes, or until a wooden toothpick comes out clean when inserted in the center of the loaf. Cool in pan for 10 minutes.
- Remove from pan, and cool completely on a wire rack.

Nutrition Facts



PROTEIN 5.37% **FAT 41.44%** **CARBS 53.19%**

Properties

Glycemic Index:52.48, Glycemic Load:49.33, Inflammation Score:-5, Nutrition Score:12.71652173996%

Flavonoids

Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 5.03mg, Delphinidin: 5.03mg, Delphinidin: 5.03mg, Delphinidin: 5.03mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 551.79kcal (27.59%), Fat: 26.09g (40.13%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 75.35g (25.12%), Net Carbohydrates: 71.66g (26.06%), Sugar: 39.67g (44.08%), Cholesterol: 54.56mg (18.19%), Sodium: 302.52mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.21%), Manganese: 1.08mg (53.93%), Selenium: 19.21µg (27.44%), Vitamin B1: 0.39mg (25.84%), Folate: 81.25µg (20.31%), Vitamin B2: 0.29mg (17.23%), Fiber: 3.69g (14.77%), Iron: 2.53mg (14.07%), Phosphorus: 131.44mg (13.14%), Vitamin B3: 2.47mg (12.36%), Magnesium: 49.31mg (12.33%), Vitamin K: 12.34µg (11.75%), Copper: 0.23mg (11.6%), Vitamin B6: 0.21mg (10.49%), Vitamin E: 1.5mg (10.03%), Zinc: 1.13mg (7.56%), Vitamin B5: 0.76mg (7.56%), Potassium: 262.33mg (7.5%), Vitamin C: 4.56mg (5.53%), Calcium: 26mg (2.6%), Vitamin A: 114.95IU (2.3%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)