



Fig and Banana Loaf

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

Ingredients

- 1 tablespoon double-acting baking powder
- 1.3 cups banana ripe mashed
- 0.5 cup brown sugar packed
- 1 teaspoon cinnamon
- 1 cup figs dried chopped
- 2 eggs
- 2 tablespoons olive oil
- 1 teaspoon salt

- 1 cup soymilk
- 2.5 cups flour whole wheat

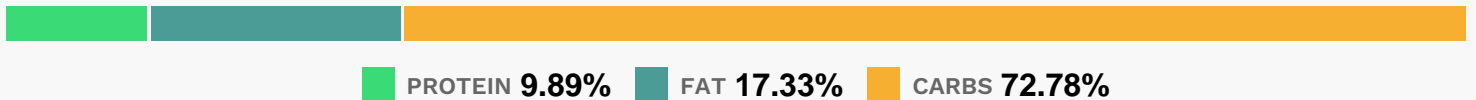
Equipment

- bowl
- oven
- wire rack
- toothpicks

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly grease two 8.5 x4.5 inch pans.
- Mix together the eggs, soy milk, brown sugar, oil, and mashed bananas in a bowl until evenly blended; set aside. In a large bowl, stir together the whole wheat flour, baking powder, salt, and cinnamon; pour in the egg mixture, and stir just until combined. Divide batter into prepared pans.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 55 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:6.57, Inflammation Score:-5, Nutrition Score:16.308260492657%

Flavonoids

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: 309.73kcal (15.49%), Fat: 6.33g (9.73%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 53.05g (19.29%), Sugar: 26.26g (29.17%), Cholesterol: 40.92mg (13.64%), Sodium: 486.86mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Manganese: 1.74mg (87.2%), Selenium:

27.77µg (39.67%), Fiber: 6.74g (26.97%), Phosphorus: 207.21mg (20.72%), Calcium: 193.9mg (19.39%), Magnesium: 73.91mg (18.48%), Vitamin B6: 0.36mg (17.88%), Vitamin B3: 3.14mg (15.69%), Vitamin B1: 0.23mg (15.64%), Copper: 0.28mg (13.93%), Iron: 2.44mg (13.53%), Potassium: 428.81mg (12.25%), Vitamin B2: 0.2mg (12.03%), Vitamin E: 1.73mg (11.51%), Folate: 37.94µg (9.48%), Zinc: 1.36mg (9.05%), Vitamin B12: 0.42µg (6.94%), Vitamin B5: 0.58mg (5.78%), Vitamin K: 5.96µg (5.68%), Vitamin C: 4.53mg (5.49%), Vitamin A: 197.31IU (3.95%), Vitamin D: 0.57µg (3.83%)