



## Flour's Famous Banana Bread

 Vegetarian

READY IN



140 min.

SERVINGS



8

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 2 tablespoons crème fraîche sour
- 2 eggs
- 1.7 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.5 cup oil
- 0.5 teaspoon salt
- 1 cup sugar

- 1 teaspoon vanilla extract
- 0.7 cup walnuts toasted chopped

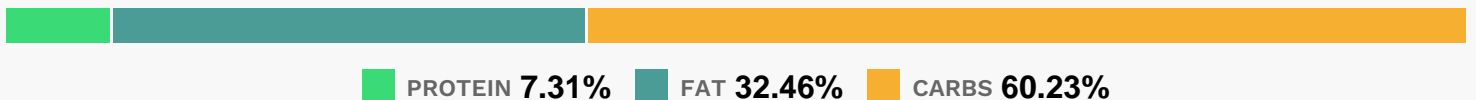
## Equipment

- baking paper
- oven
- whisk
- loaf pan

## Directions

- Set oven to 350 degrees F. Line the bottom of a loaf pan with parchment paper.
- Sift together the flour, baking soda, cinnamon and salt. Beat sugar and eggs with a whisk until light and fluffy, about 10 minutes.
- Drizzle in oil.
- Add mashed bananas, creme fraiche, and vanilla. Fold in dry ingredients and nuts.
- Pour into a lined loaf pan and bake for about 45 minutes to 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:21.26, Glycemic Load:31.97, Inflammation Score:-3, Nutrition Score:7.1930435144383%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

## Nutrients (% of daily need)

Calories: 302.82kcal (15.14%), Fat: 11.12g (17.11%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 45.05g (16.38%), Sugar: 25.48g (28.31%), Cholesterol: 42.69mg (14.23%), Sodium: 299.71mg (13.03%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 5.63g (11.27%), Manganese: 0.53mg (26.37%), Selenium: 12.95µg (18.5%), Vitamin B1: 0.24mg (16.18%), Folate: 62.56µg (15.64%), Vitamin B2: 0.2mg (11.99%), Copper: 0.2mg (10.17%), Iron: 1.71mg (9.48%), Phosphorus: 85.99mg (8.6%), Vitamin B3: 1.66mg (8.3%), Magnesium: 22.86mg (5.71%), Fiber: 1.39g (5.56%), Vitamin E: 0.7mg (4.68%), Zinc: 0.64mg (4.27%), Vitamin B6: 0.08mg (4.2%),

Vitamin B5: 0.35mg (3.49%), Potassium: 91.33mg (2.61%), Calcium: 23.67mg (2.37%), Vitamin K: 2.44µg (2.32%),  
Vitamin B12: 0.1µg (1.74%), Vitamin A: 80.22IU (1.6%), Vitamin D: 0.22µg (1.47%)