



Gluten-Free Banana Bread

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



15

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups banana very ripe mashed (4)
- 1.5 cups brown rice flour
- 0.3 cup butter melted
- 0.5 cup dates chopped
- 4 large eggs
- 0.8 cup granulated sugar
- 0.3 teaspoon nutmeg

- 0.5 teaspoon salt
- 0.5 cup sorghum flour
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped
- 1 cup water boiling

Equipment

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

Directions

- Preheat oven to 350
- Pour 1 cup boiling water over dates in a small bowl.
- Let stand 10 minutes.
- Drain and pat dry.
- Lightly beat eggs with a whisk in a large bowl.
- Whisk in bananas and next 3 ingredients until blended.
- Stir together brown rice flour and next 4 ingredients in a small bowl. Gently stir flour mixture into egg mixture, stirring just until blended. Gently stir in melted butter, walnuts, and dates. Spoon mixture into a lightly greased 9- x 5-inch loaf pan.
- Bake at 350 for 1 hour to 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- Remove from pan to wire rack, and cool completely (about 1 hour).

Nutrition Facts



■ PROTEIN 7.06% ■ FAT 33.13% ■ CARBS 59.81%

Properties

Glycemic Index:21.12, Glycemic Load:10.96, Inflammation Score:-3, Nutrition Score:7.2782608166985%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 227.01kcal (11.35%), Fat: 8.61g (13.25%), Saturated Fat: 3.39g (21.18%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 32.72g (11.9%), Sugar: 16.7g (18.55%), Cholesterol: 60.45mg (20.15%), Sodium: 204.73mg (8.9%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.13g (8.25%), Manganese: 0.89mg (44.62%), Vitamin B6: 0.26mg (12.88%), Phosphorus: 113.8mg (11.38%), Magnesium: 38.36mg (9.59%), Fiber: 2.26g (9.04%), Selenium: 5.26µg (7.51%), Copper: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.4%), Vitamin B3: 1.47mg (7.34%), Vitamin B2: 0.11mg (6.22%), Vitamin B5: 0.62mg (6.2%), Potassium: 205.4mg (5.87%), Zinc: 0.79mg (5.28%), Iron: 0.91mg (5.04%), Folate: 18.97µg (4.74%), Vitamin A: 214.52IU (4.29%), Vitamin E: 0.53mg (3.53%), Vitamin C: 1.89mg (2.29%), Vitamin B12: 0.13µg (2.12%), Calcium: 18.67mg (1.87%), Vitamin D: 0.27µg (1.78%)