



Gluten-Free Banana Bread



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 bananas ripe mashed
- ☐ 0.5 cup butter
- ☐ 2 eggs lightly beaten
- ☐ 2 cups all purpose baking flour gluten-free
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

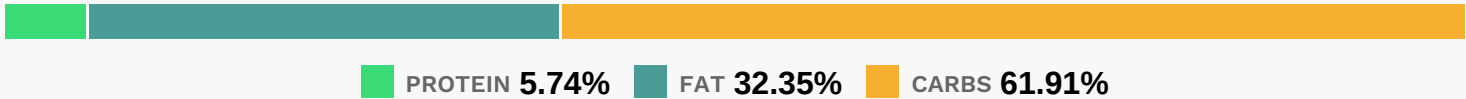
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a large bowl, combine flour, baking powder and salt. In a separate bowl, cream together butter and sugar. Stir in eggs, maple syrup and mashed bananas until well blended.
- ☐ Add the banana mixture to the flour mixture; mix until batter is just moist.
- ☐ Pour batter into prepared loaf pan.
- ☐ Bake in preheated oven for 20 to 30 minutes, until a toothpick inserted into center of the loaf comes out clean. If using muffin or cupcake tins, bake for 15 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:5.88, Inflammation Score:-2, Nutrition Score:3.6343479182409%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 183.28kcal (9.16%), Fat: 6.93g (10.66%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.17g (9.88%), Sugar: 14.38g (15.98%), Cholesterol: 35.71mg (11.9%), Sodium: 153.56mg (6.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Fiber: 2.68g (10.72%), Manganese: 0.21mg (10.52%), Vitamin B6: 0.17mg (8.6%), Vitamin B2: 0.11mg (6.32%), Potassium: 178.02mg (5.09%), Vitamin A: 235.29IU (4.71%), Vitamin C: 3.85mg (4.67%), Iron: 0.81mg (4.51%), Calcium: 36.56mg (3.66%), Magnesium: 13.73mg

(3.43%), Selenium: 2.2µg (3.15%), Folate: 11.65µg (2.91%), Phosphorus: 27.87mg (2.79%), Vitamin B5: 0.24mg (2.4%), Copper: 0.04mg (1.96%), Vitamin E: 0.27mg (1.78%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.25%), Zinc: 0.17mg (1.15%), Vitamin B12: 0.06µg (1.02%)