



## Gluten-Free Best Ever Banana Bread

 Vegetarian  Popular

READY IN



160 min.

SERVINGS



16

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 cup banana very ripe mashed (2 medium)
- 0.5 cup butter softened
- 3 eggs
- 0.5 cup nuts chopped
- 1 box betty crocker's cake mix gluten free yellow

### Equipment

- bowl
- frying pan

- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350F. Grease bottom only of 9x5-inch or 8x4-inch loaf pan with shortening.
- In large bowl, beat cake mix, mashed bananas, butter and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 9-inch loaf 55 to 60 minutes, 8-inch loaf 1 hour 5 minutes to 1 hour 15 minutes, or until toothpick inserted in center comes out clean. (
- Place sheet of foil over loaf to prevent overbrowning.) Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to cooling rack. Cool about 1 hour before slicing.

## Nutrition Facts

■ PROTEIN **7.82%** ■ FAT **78.97%** ■ CARBS **13.21%**

## Properties

Glycemic Index:8.4, Glycemic Load:1.26, Inflammation Score:-2, Nutrition Score:2.3295651959336%

## Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 97.73kcal (4.89%), Fat: 8.88g (13.67%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.18g (1.31%), Cholesterol: 45.94mg (15.31%), Sodium: 57.96mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Manganese: 0.11mg (5.74%), Vitamin A: 228.5IU (4.57%), Phosphorus: 39.67mg (3.97%), Selenium: 2.7µg (3.85%), Copper: 0.07mg (3.54%), Magnesium: 13.79mg (3.45%), Vitamin B2: 0.06mg (3.29%), Vitamin B6: 0.06mg (3.1%), Fiber: 0.65g (2.6%), Vitamin B5: 0.22mg (2.2%),

Potassium: 73.51mg (2.1%), Folate: 8.22µg (2.05%), Zinc: 0.3mg (1.99%), Iron: 0.34mg (1.87%), Vitamin E: 0.26mg (1.74%), Vitamin B12: 0.09µg (1.42%), Vitamin B3: 0.28mg (1.42%), Vitamin D: 0.17µg (1.1%), Vitamin B1: 0.02mg (1.04%), Vitamin C: 0.83mg (1.01%)