



Gluten-Free Easy Banana Bread

 Vegetarian

READY IN



135 min.

SERVINGS



12

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.7 cup sugar
- 0.3 cup butter softened
- 2 eggs
- 1.5 cups banana very ripe mashed (3 medium)
- 0.3 cup buttermilk
- 1 teaspoon vanilla gluten-free
- 16 oz flour gluten free
- 1 teaspoon baking soda

- 0.5 teaspoon salt
- 0.5 cup walnut pieces chopped

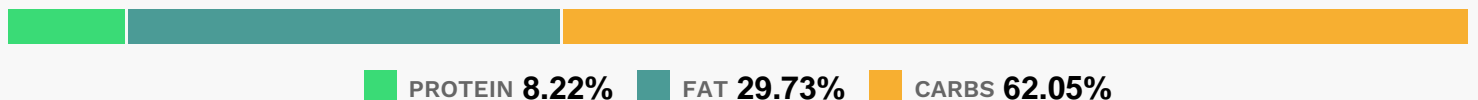
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom only of 9x5- or 8x4-inch loaf pan.
- In large bowl, beat sugar and butter with electric mixer on medium speed until light.
- Add eggs; beat well. Stir in bananas, buttermilk and vanilla; blend well. Stir in flour, baking soda and salt just until moistened. Stir in walnuts.
- Pour into pan.
- Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan on cooling rack.
- Loosen sides of loaf from pan; remove from pan, and place top side up on cooling rack. Cool completely, 1 to 2 hours, before slicing. Wrap tightly, and store at room temperature up to 4 days, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:25.07, Glycemic Load:30.85, Inflammation Score:-4, Nutrition Score:8.2160869266676%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 288.7kcal (14.43%), Fat: 9.62g (14.81%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 43.36g (15.77%), Sugar: 13.92g (15.47%), Cholesterol: 41.39mg (13.8%), Sodium: 245.49mg (10.67%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 5.99g (11.98%), Manganese: 0.48mg (23.93%), Selenium: 15.81µg (22.58%), Vitamin B1: 0.32mg (21.65%), Folate: 81.59µg (20.4%), Vitamin B2: 0.25mg (14.97%), Vitamin B3: 2.42mg (12.13%), Iron: 2.08mg (11.57%), Phosphorus: 82.12mg (8.21%), Copper: 0.15mg (7.71%), Fiber: 1.83g (7.34%), Vitamin B6: 0.13mg (6.31%), Magnesium: 22.63mg (5.66%), Vitamin A: 218.4IU (4.37%), Potassium: 148.19mg (4.23%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.56mg (3.76%), Calcium: 22.96mg (2.3%), Vitamin C: 1.69mg (2.05%), Vitamin E: 0.3mg (2.02%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.21µg (1.41%)