



Grain Free Banana Bread



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 1 teaspoon baking soda
- ☐ 3 bananas ripe
- ☐ 0.5 cup butter melted
- ☐ 15 ounce chickpeas drained and rinsed canned (garbanzo beans)
- ☐ 0.5 cup dates pitted chopped
- ☐ 4 eggs
- ☐ 1 teaspoon ginger fresh grated

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon vanilla extract

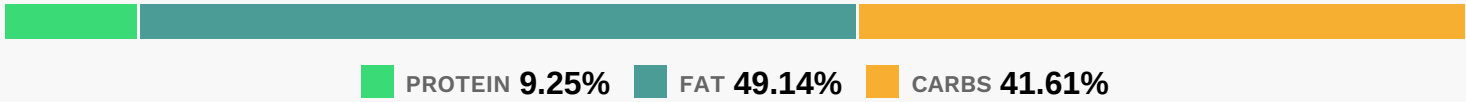
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 1 large loaf pan.
- ☐ Blend bananas, chickpeas, butter, dates, almond flour, honey, eggs, baking soda, ginger, cinnamon, vanilla extract, and salt together in a blender or food processor until batter is smooth.
- ☐ Pour batter into the prepared loaf pan.
- ☐ Bake in the preheated oven until golden brown and a knife inserted in the center of the loaf comes out clean, about 1 hour. Cool in pan for 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:22.45, Glycemic Load:9.74, Inflammation Score:-3, Nutrition Score:5.8821739010189%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 212.84kcal (10.64%), Fat: 12.19g (18.76%), Saturated Fat: 5.59g (34.95%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 19.81g (7.2%), Sugar: 13.55g (15.06%), Cholesterol: 74.9mg (24.97%), Sodium: 417.47mg (18.15%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 5.16g (10.33%), Manganese: 0.43mg (21.3%), Vitamin B6: 0.31mg (15.68%), Fiber: 3.42g (13.67%), Selenium: 5.85µg (8.36%), Phosphorus: 70.41mg (7.04%), Vitamin A: 340.86IU (6.82%), Potassium: 224.93mg (6.43%), Vitamin B2: 0.1mg (6.13%), Iron: 1.06mg (5.87%), Folate: 23.27µg (5.82%), Magnesium: 22.47mg (5.62%), Copper: 0.1mg (5.21%), Vitamin B5: 0.48mg (4.82%), Calcium: 38.8mg (3.88%), Zinc: 0.52mg (3.49%), Vitamin C: 2.68mg (3.24%), Vitamin E: 0.41mg (2.74%), Vitamin B12: 0.15µg (2.44%), Vitamin B1: 0.03mg (2.01%), Vitamin D: 0.29µg (1.96%), Vitamin B3: 0.35mg (1.74%), Vitamin K: 1.07µg (1.02%)