



Hawaiian Banana Bread

READY IN



210 min.

SERVINGS



48

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed (3 to 4 medium)
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup coconut flakes flaked
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 3.5 ounces macadamia nuts toasted chopped
- ☐ 1 teaspoon salt

- ☐ 1.3 cups sugar
- ☐ 1 teaspoon vanilla

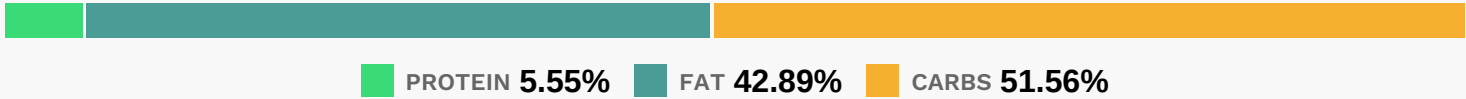
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 350F . Grease bottoms only of 2 loaf pans, 8 1/2x4 1/2x2 1/2 inches, or 1 loaf pan, 9x5x3 inches.
- ☐ Stir together sugar and butter in large bowl. Stir in eggs until well blended.
- ☐ Add bananas, buttermilk and vanilla. Beat with wire whisk until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts and coconut.
- ☐ Pour into pans.
- ☐ Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 1/4 hours, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaves from pans; remove from pans and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days. To
- ☐ Bake Mini-Loaves: Grease bottoms only of 10 miniature loaf pans, 4 1/2x2 3/4x1 1/4 inches. Divide batter among pans (about 1/2 cup each).
- ☐ Bake 30 to 35 minutes. 10 mini-loaves.

Nutrition Facts



Properties

Glycemic Index:5.02, Glycemic Load:7.8, Inflammation Score:-1, Nutrition Score:2.0860869714423%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 90.02kcal (4.5%), Fat: 4.39g (6.76%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 11.27g (4.1%), Sugar: 6.09g (6.76%), Cholesterol: 7.09mg (2.37%), Sodium: 99.44mg (4.32%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.28g (2.56%), Manganese: 0.17mg (8.39%), Vitamin B1: 0.08mg (5.33%), Selenium: 3.18µg (4.54%), Folate: 14.17µg (3.54%), Vitamin B2: 0.05mg (3.2%), Iron: 0.46mg (2.53%), Fiber: 0.62g (2.48%), Vitamin B3: 0.48mg (2.38%), Vitamin A: 101.61IU (2.03%), Phosphorus: 20.08mg (2.01%), Copper: 0.04mg (1.91%), Magnesium: 6.73mg (1.68%), Vitamin B6: 0.03mg (1.63%), Potassium: 43.3mg (1.24%), Vitamin B5: 0.11mg (1.07%)