



Healthier Banana Sour Cream Bread

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



1344 kcal

BREAD

Ingredients

- 3 teaspoons baking soda
- 6 bananas very ripe mashed
- 0.5 cup butter
- 3 eggs
- 2.5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 16 ounce reduced fat cream sour
- 0.5 teaspoon salt

- 2 teaspoons vanilla extract
- 1.5 cups sugar white
- 2 cups flour whole wheat white

Equipment

- bowl
- oven
- whisk
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease four 7x3-inch loaf pans.
- Stir together 2 tablespoons white sugar and 1 teaspoon cinnamon in a small bowl. Dust pans lightly with sugar mixture.
- Beat butter and 1 1/2 cups sugar with an electric mixer in a large bowl until smooth. Blend in eggs, mashed bananas, sour cream, vanilla extract, and 2 teaspoons cinnamon.
- Whisk together salt, baking soda, all-purpose flour, and whole wheat flour in a bowl. Stir flour mixture into butter mixture until just combined; fold in nuts. Divide into prepared pans.
- Bake in preheated oven until a toothpick inserted in center comes out clean, about 1 hour.

Nutrition Facts



PROTEIN 7.67% **FAT 26.66%** **CARBS 65.67%**

Properties

Glycemic Index:63.72, Glycemic Load:115.1, Inflammation Score:-8, Nutrition Score:28.459130484125%

Flavonoids

Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1343.55kcal (67.18%), Fat: 40.78g (62.73%), Saturated Fat: 23.42g (146.41%), Carbohydrates: 226.04g (75.35%), Net Carbohydrates: 212.8g (77.38%), Sugar: 97.32g (108.13%), Cholesterol: 223.46mg (74.49%), Sodium: 1439.28mg (62.58%), Alcohol: 0.69g (100%), Alcohol %: 0.15% (100%), Protein: 26.41g (52.81%), Selenium: 42.67µg (60.96%), Manganese: 1.2mg (60.15%), Fiber: 13.24g (52.97%), Folate: 207.26µg (51.82%), Vitamin B2: 0.83mg (48.72%), Vitamin B1: 0.73mg (48.57%), Vitamin B6: 0.77mg (38.28%), Iron: 6.28mg (34.87%), Potassium: 1084.84mg (31%), Vitamin B3: 5.93mg (29.64%), Phosphorus: 276.74mg (27.67%), Vitamin A: 1375.47IU (27.51%), Calcium: 256.92mg (25.69%), Magnesium: 81.69mg (20.42%), Vitamin C: 16.46mg (19.95%), Copper: 0.3mg (15.14%), Vitamin B5: 1.47mg (14.75%), Vitamin B12: 0.82µg (13.64%), Zinc: 1.86mg (12.4%), Vitamin E: 1.59mg (10.61%), Vitamin D: 0.89µg (5.91%), Vitamin K: 4.08µg (3.89%)