



Healthier Banana Sour Cream Bread

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



1535 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 cup walnuts chopped
- 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



Properties

Glycemic Index:68.72, Glycemic Load:115.51, Inflammation Score:-9, Nutrition Score:34.642608538918%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg 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: 1534.84kcal (76.74%), Fat: 59.85g (92.07%), Saturated Fat: 25.22g (157.61%), Carbohydrates: 230.05g (76.68%), Net Carbohydrates: 214.84g (78.12%), Sugar: 98.08g (108.98%), Cholesterol: 223.46mg (74.49%), Sodium: 1439.86mg (62.6%), Alcohol: 0.69g (100%), Alcohol %: 0.15% (100%), Protein: 30.85g (61.71%), Manganese: 2.2mg (110.08%), Selenium: 44.11µg (63.01%), Fiber: 15.2g (60.81%), Folate: 235.93µg (58.98%), Vitamin B1: 0.83mg (55.22%), Vitamin B2: 0.87mg (51.3%), Vitamin B6: 0.92mg (46.14%), Iron: 7.13mg (39.6%), Copper: 0.77mg (38.39%), Phosphorus: 377.94mg (37.79%), Potassium: 1213.83mg (34.68%), Magnesium: 127.91mg (31.98%), Vitamin B3: 6.26mg (31.28%), Calcium: 285.59mg (28.56%), Vitamin A: 1381.32IU (27.63%), Vitamin C: 16.84mg (20.41%), Zinc: 2.76mg (18.42%), Vitamin B5: 1.64mg (16.41%), Vitamin B12: 0.82µg (13.64%), Vitamin E: 1.8mg (11.98%), Vitamin D: 0.89µg (5.91%), Vitamin K: 4.87µg (4.64%)