



## Healthified Banana Nut Bread

 Vegetarian

READY IN



145 min.

SERVINGS



16

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana ripe mashed (2 large)
- ☐ 0.3 cup canola oil
- ☐ 2 egg whites
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup walnut pieces chopped toasted
- ☐ 1.5 cups flour whole wheat gold medal®

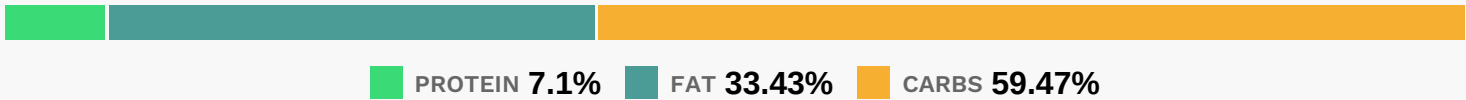
## Equipment

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

## Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8x4-inch or 9x5-inch loaf pan with shortening, or spray with cooking spray. In medium bowl, mix flour, baking powder, baking soda, salt and cinnamon.
- ☐ In large bowl, beat sugar, oil, egg whites, bananas, milk and vanilla with spoon until well blended. Stir in flour mixture until well blended. Stir in walnuts. Spoon into pan.
- ☐ Bake 8-inch loaf 55 to 62 minutes, 9-inch loaf 45 to 52 minutes, or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 1 hour, before slicing.

## Nutrition Facts



## Properties

Glycemic Index:17.19, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:4.3778260700081%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 129.84kcal (6.49%), Fat: 5.04g (7.76%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.58g (6.76%), Sugar: 10.85g (12.05%), Cholesterol: 0.11mg (0.04%), Sodium: 141.64mg (6.16%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 2.41g (4.82%), Manganese: 0.56mg (27.89%), Selenium: 8.02µg (11.46%), Fiber: 1.6g (6.41%), Phosphorus: 58.74mg (5.87%), Magnesium: 21.84mg (5.46%), Vitamin E: 0.72mg (4.77%), Vitamin B6: 0.09mg (4.63%), Vitamin B1: 0.07mg (4.53%), Copper: 0.08mg (4.23%), Vitamin B3: 0.65mg (3.25%), Vitamin B2: 0.05mg (3.04%), Iron: 0.52mg (2.91%), Potassium: 95.86mg (2.74%), Vitamin K: 2.83µg (2.69%), Calcium: 26.88mg (2.69%), Zinc: 0.38mg (2.56%), Folate: 8.85µg (2.21%), Vitamin B5: 0.13mg (1.31%), Vitamin C: 0.84mg (1.02%)