



Healthy Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup bananas ripe mashed ()
- ☐ 5 tablespoons butter softened
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 6 ounce carton vanilla yogurt low-fat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, baking soda, salt, ground cinnamon, ground nutmeg, and ground cloves.
- ☐ Add flour mixture and yogurt alternately to sugar mixture, beginning and ending with flour mixture. Fold in bananas and vanilla.
- ☐ Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



 PROTEIN **8.43%**  FAT **31.27%**  CARBS **60.3%**

Properties

Glycemic Index:32.49, Glycemic Load:19.43, Inflammation Score:-3, Nutrition Score:5.3539130195327%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 202.99kcal (10.15%), Fat: 7.14g (10.98%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 29.94g (10.89%), Sugar: 14.51g (16.12%), Cholesterol: 53.1mg (17.7%), Sodium: 413.17mg (17.96%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 4.33g (8.65%), Selenium: 10.7µg (15.28%), Folate: 45.23µg (11.31%), Vitamin B2: 0.19mg (11.25%), Vitamin B1: 0.17mg (11.15%), Manganese: 0.21mg (10.74%), Phosphorus: 69.02mg (6.9%), Vitamin B3: 1.27mg (6.37%), Iron: 1.14mg (6.33%), Vitamin A: 247.43IU (4.95%), Vitamin B6: 0.1mg (4.78%), Calcium: 41.59mg (4.16%), Fiber: 1.03g (4.11%), Vitamin B5: 0.4mg (3.96%), Potassium: 134.88mg (3.85%), Magnesium: 13.06mg (3.27%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.44mg (2.94%), Copper: 0.05mg (2.6%), Vitamin E: 0.3mg (2.02%), Vitamin C: 1.61mg (1.95%), Vitamin D: 0.2µg (1.33%)