



 1%  
HEALTH SCORE

## Homemade Banana Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 3 banana very ripe
- 1.5 cups flour
- 0.8 cup granulated sugar
- 0.3 cup butter melted
- 1 eggs
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 0.3 teaspoon salt

0.3 cup walnut pieces chopped

## Equipment

oven

loaf pan

potato masher

## Directions

Preheat oven to 350 degrees. Beat together butter, sugar, vanilla, egg.

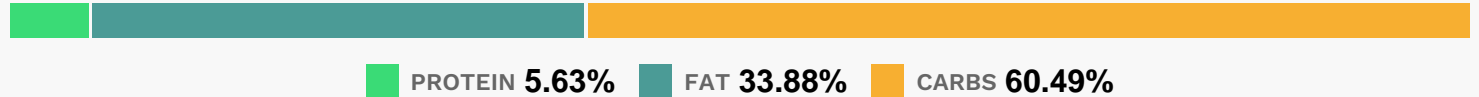
Add bananas. With a potato masher or a fork, mash in banana and mix well.

Add flour, baking soda, and salt. Stir until everything is combined.

Add nuts and stir again. Spray a loaf pan with non-stick cooking spray.

Pour mixture into loaf pan. Cook for 55–65 minutes or until an inserted tooth pick comes out clean.

## Nutrition Facts



## Properties

Glycemic Index: 33.73, Glycemic Load: 31, Inflammation Score: -4, Nutrition Score: 7.1565217391304%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Taste

Sweetness: 100%, Saltiness: 7.98%, Sourness: 13.78%, Bitterness: 14.75%, Savoriness: 10.39%, Fattiness: 56.66%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 305.89kcal (15.29%), Fat: 11.81g (18.17%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 45.32g (16.48%), Sugar: 24.39g (27.1%), Cholesterol: 40.8mg (13.6%), Sodium: 279.34mg

(12.15%), Protein: 4.42g (8.84%), Manganese: 0.45mg (22.47%), Selenium: 10.52µg (15.03%), Folate: 59.39µg (14.85%), Vitamin B1: 0.22mg (14.47%), Vitamin B2: 0.19mg (11.05%), Vitamin B6: 0.21mg (10.43%), Vitamin B3: 1.74mg (8.71%), Fiber: 2.11g (8.44%), Iron: 1.45mg (8.07%), Copper: 0.15mg (7.57%), Phosphorus: 65.11mg (6.51%), Magnesium: 25.72mg (6.43%), Potassium: 215.98mg (6.17%), Vitamin A: 295.36IU (5.91%), Vitamin C: 3.91mg (4.74%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.46mg (3.09%), Vitamin E: 0.37mg (2.46%), Calcium: 16.14mg (1.61%), Vitamin B12: 0.07µg (1.08%), Vitamin K: 1.1µg (1.05%)