



Honey Graham & Pecan Banana Bread

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana mashed (I used 3 bananas and it was a "generous" cup)
- ☐ 2 large eggs beaten
- ☐ 4.5 oz flour all-purpose
- ☐ 0.8 cup honey graham cracker crumbs
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract

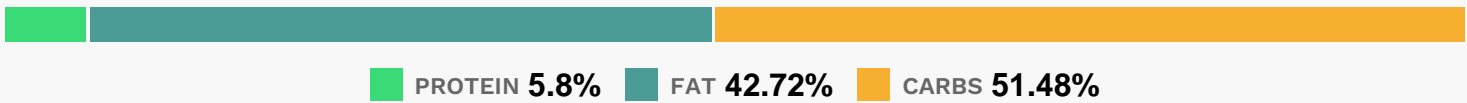
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour an 8 ½ by 4 ½ inch metal loaf pan.In a medium size bowl, thoroughly mix together the flour, baking soda, baking powder, salt and graham cracker crumbs.In a large mixing bowl, using an electric mixer, beat the butter until creamy and smooth.
- ☐ Add the sugar and continue beating for another 3 minutes or until mixture is light and creamy. With the mixer on lowest speed, gradually add egg a few tablespoons at a time. When all the egg is incorporated, beat on high for 1 minute. Beat in the vanilla and the mashed banana.With a mixing spoon, gradually stir in the dry mixture, followed by the pecans.
- ☐ Bake the bread in the lower third (not complete bottom, but not right in the center) of the oven for about 50 minutes or until it is brown and fully set.
- ☐ Let cool in pan for about 10 minutes, then carefully invert onto a cooling rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:31.32, Glycemic Load:18.72, Inflammation Score:-3, Nutrition Score:5.0752174076827%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg 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: 215.23kcal (10.76%), Fat: 10.47g (16.1%), Saturated Fat: 4.26g (26.6%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 26.99g (9.81%), Sugar: 14.87g (16.52%), Cholesterol: 46.05mg (15.35%), Sodium: 306.5mg (13.33%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 3.2g (6.39%), Manganese: 0.33mg (16.58%), Selenium: 6.66µg (9.52%), Vitamin B1: 0.13mg (9%), Folate: 30.75µg (7.69%), Vitamin B2: 0.13mg (7.51%), Phosphorus: 71.6mg (7.16%), Iron: 1.1mg (6.12%), Fiber: 1.39g (5.56%), Calcium: 55.59mg (5.56%), Vitamin B6: 0.1mg (5.14%), Vitamin B3: 1.01mg (5.07%), Copper: 0.09mg (4.71%), Vitamin A: 234.47IU (4.69%), Magnesium: 17.36mg (4.34%), Zinc: 0.53mg (3.5%), Potassium: 120.46mg (3.44%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.34mg (2.26%), Vitamin C: 1.68mg (2.04%), Vitamin D: 0.27µg (1.81%), Vitamin B12: 0.09µg (1.43%)