



Janet's Famous Banana Nut Bread

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



868 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups banana ripe mashed
- ☐ 0.8 cup butter softened
- ☐ 3 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups pecans chopped

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 3 cups sugar white

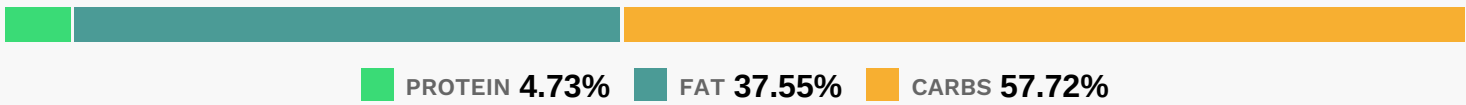
Equipment

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

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease and flour two 8x4 inch pans.
- ☐ In a large bowl, cream together the sugar and butter until light and fluffy. Stir in the eggs one at a time, beating well with each addition. Stir in the banana and sour cream.
- ☐ In a separate bowl, combine the flour, baking soda, baking powder, cinnamon and pecans; stir into banana mixture, just until combined.
- ☐ Pour batter into prepared pans.
- ☐ Bake in preheated oven for 55 to 65 minutes, until a toothpick inserted into center of a loaf comes out clean.
- ☐ Remove from pan and place on a wire rack to cool.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:44.61, Glycemic Load:86.86, Inflammation Score:-7, Nutrition Score:17.059565388638%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg, Delphinidin: 1.49mg Catechin: 3.77mg, Catechin: 3.77mg, Catechin: 3.77mg, Catechin: 3.77mg

Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 867.5kcal (43.37%), Fat: 37.23g (57.28%), Saturated Fat: 14.3g (89.36%), Carbohydrates: 128.79g (42.93%), Net Carbohydrates: 124.31g (45.2%), Sugar: 80.95g (89.95%), Cholesterol: 115.62mg (38.54%), Sodium: 330.26mg (14.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.1%), Manganese: 1.42mg (71.25%), Vitamin B1: 0.59mg (39.09%), Selenium: 25.96µg (37.08%), Folate: 121.34µg (30.33%), Vitamin B2: 0.45mg (26.19%), Iron: 3.53mg (19.61%), Vitamin B3: 3.75mg (18.77%), Copper: 0.37mg (18.67%), Fiber: 4.48g (17.92%), Phosphorus: 178.18mg (17.82%), Vitamin A: 746.29IU (14.93%), Magnesium: 50.87mg (12.72%), Vitamin B6: 0.24mg (11.97%), Zinc: 1.65mg (11.03%), Potassium: 324.49mg (9.27%), Vitamin B5: 0.87mg (8.66%), Vitamin E: 1.08mg (7.21%), Calcium: 69.94mg (6.99%), Vitamin C: 3.62mg (4.39%), Vitamin B12: 0.21µg (3.55%), Vitamin K: 2.86µg (2.72%), Vitamin D: 0.33µg (2.2%)