



Janine's Best Banana Bread

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



4

CALORIES



616 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 bananas ripe mashed
- 0.3 cup butter softened
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup sugar white

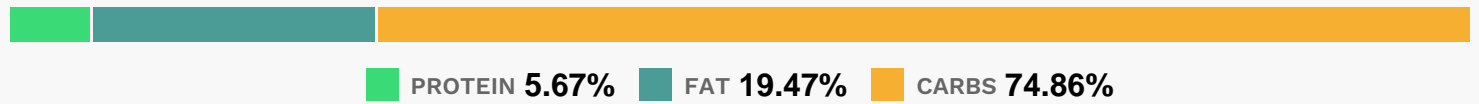
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
- In a large bowl, cream together butter and sugar. Beat in the egg and mashed bananas.
- Mix in flour, baking soda and salt just until combined.
- Pour into prepared loaf pan.
- Bake in preheated oven for 1 hour. If top begins to brown too quickly, decrease heat slightly. Center should be soft and chewy, while the outside, crisp and crunchy.

Nutrition Facts



Properties

Glycemic Index:62.47, Glycemic Load:79.21, Inflammation Score:-6, Nutrition Score:14.074782552926%

Flavonoids

Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg, Catechin: 5.4mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 616.22kcal (30.81%), Fat: 13.62g (20.95%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 117.76g (39.25%), Net Carbohydrates: 113.77g (41.37%), Sugar: 60.92g (67.68%), Cholesterol: 71.42mg (23.81%), Sodium: 673.77mg (29.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Selenium: 25.89µg (36.99%), Vitamin B1: 0.52mg (34.88%), Folate: 137.67µg (34.42%), Manganese: 0.67mg (33.55%), Vitamin B2: 0.44mg (25.76%), Vitamin B3: 4.29mg (21.46%), Iron: 3.35mg (18.63%), Vitamin B6: 0.37mg (18.57%), Fiber: 3.99g (15.95%), Potassium: 403.35mg (11.52%), Phosphorus: 112.15mg (11.22%), Magnesium: 39.26mg (9.81%), Vitamin A: 470.59IU (9.41%), Vitamin C: 7.7mg (9.33%), Copper: 0.17mg (8.53%), Vitamin B5: 0.75mg (7.54%), Zinc: 0.73mg (4.87%), Vitamin E: 0.57mg (3.8%), Calcium: 24.05mg (2.4%), Vitamin B12: 0.12µg (2.03%), Vitamin K: 1.66µg (1.58%), Vitamin D: 0.22µg (1.47%)