



## Jif® Peanut Butter Banana Bread

 Vegetarian

READY IN



145 min.

SERVINGS



8

CALORIES



466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2.5 cups pillsbury best® all purpose flour
- 3.5 teaspoons double-acting baking powder
- 1 cup bananas ripe mashed
- 0.3 cup crisco® canola oil
- 1 large eggs
- 1 cup granulated sugar
- 0.8 cup milk
- 0.8 cup jif® crunchy reduced fat peanut spread

1 teaspoon salt

## Equipment

bowl

frying pan

oven

wire rack

loaf pan

hand mixer

toothpicks

aluminum foil

## Directions

Heat oven to 350 degrees F. Grease 9 x 5 x 3-inch loaf pan.

Combine flour, sugar, baking powder and salt in large bowl.

Add banana, peanut butter, milk, canola oil and egg. Beat at medium speed of electric mixer, scraping sides and bottom of bowl.

Mix just until blended.

Bake at 350 degrees F for 60 to 65 minutes or until toothpick inserted in center comes out clean. (Cover top loosely with foil after 45 minutes to prevent over-browning.)

Cool 10 minutes in pan.

Remove to cooling rack.

## Nutrition Facts



PROTEIN 10.06%  FAT 32.11%  CARBS 57.83%

## Properties

Glycemic Index:41.23, Glycemic Load:41.94, Inflammation Score:-5, Nutrition Score:13.627391260603%

## Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 466.37kcal (23.32%), Fat: 17.07g (26.27%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 69.19g (23.06%), Net Carbohydrates: 66.39g (24.14%), Sugar: 30.71g (34.12%), Cholesterol: 26mg (8.66%), Sodium: 625.58mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Manganese: 0.68mg (33.92%), Vitamin B3: 5.99mg (29.96%), Vitamin B1: 0.39mg (26.2%), Selenium: 17.75µg (25.36%), Vitamin E: 3.53mg (23.54%), Folate: 92.68µg (23.17%), Phosphorus: 209.39mg (20.94%), Vitamin B2: 0.29mg (16.83%), Calcium: 150.16mg (15.02%), Magnesium: 58.75mg (14.69%), Iron: 2.64mg (14.66%), Fiber: 2.8g (11.21%), Copper: 0.22mg (10.9%), Vitamin B6: 0.19mg (9.28%), Potassium: 314.58mg (8.99%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.67mg (6.73%), Vitamin K: 5.43µg (5.18%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.38µg (2.51%), Vitamin C: 1.63mg (1.98%), Vitamin A: 82.8IU (1.66%)