



Low Fat Banana Bread Squares



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons buttermilk mixed with 1/2 tsp. lemon juice
- ☐ 2 teaspoons canola oil
- ☐ 1 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sweetener equivalent
- ☐ 1.5 teaspoons vanilla

☐ 4 ounces ultragrain whole wheat white all-purpose

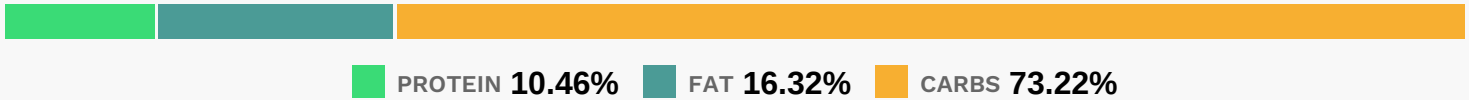
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 325 degrees F. Spray a 12 indentation mini bar pan with flour-added baking spray.In a large mixing bowl, mash the banana with a hand-held electric mixer or a spoon (depending on ripe it is). Beat in the sugar and the egg and continue beating until smooth.Beat in the vanilla and oil, then beat in the baking powder, baking soda and salt.By hand, stir in the flour, then stir in the milk.Divide the batter equally among all 12 indentations and bake on center rack for about 25 minutes or until golden.
- ☐ Let cool for 10 minutes, then carefully remove from the pan.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:0.95217390690485%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.15kcal (3.36%), Fat: 1.25g (1.92%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.64g (4.23%), Sugar: 5.72g (6.35%), Cholesterol: 15.5mg (5.17%), Sodium: 112.64mg (4.9%), Alcohol: 0.17g (100%), Alcohol %: 0.89% (100%), Protein: 1.8g (3.6%), Fiber: 0.96g (3.83%), Calcium: 28.59mg (2.86%), Iron: 0.34mg (1.88%), Selenium: 1.32µg (1.88%), Vitamin C: 1.45mg (1.76%), Vitamin E: 0.24mg (1.61%), Phosphorus: 15.88mg (1.59%), Vitamin B2: 0.02mg (1.24%)