



Low Temperature Banana Bread

 Vegetarian

READY IN



190 min.

SERVINGS



12

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3.5 teaspoons baking soda
- ☐ 2 large bananas (8 oz total)
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 1.8 cup flour all-purpose (8 ounces)
- ☐ 1 cup granulated sugar (8 ounces)
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup walnuts toasted chopped

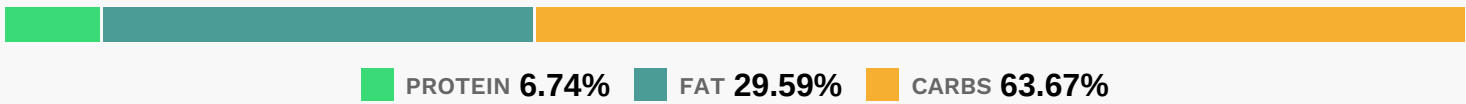
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat oven to 275 degrees F. Grease and flour an 8 ½ x4 inch loaf pan , line with parchment paper and grease the parchment. This is important, because the loaf is rather sticky!In a blender, puree the bananas, sugar and baking soda.Empty banana mixture into a mixing bowl.
- ☐ Mix in the eggs and the flour alternately, stirring until well blended.
- ☐ Mix in the oil, buttermilk and salt, beating with a spoon until blended and smooth.
- ☐ Add the vanilla (if using) and the nuts.
- ☐ Pour batter into prepared loaf pan and bake for 2.5 hours.
- ☐ Let cool completely, then carefully remove from the pan.

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:24.39, Inflammation Score:-2, Nutrition Score:5.6265217117641%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg 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: 225.86kcal (11.29%), Fat: 7.56g (11.63%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 35.36g (12.86%), Sugar: 20.07g (22.3%), Cholesterol: 32.1mg (10.7%), Sodium: 390.82mg (16.99%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 3.87g (7.74%), Manganese: 0.27mg (13.65%), Selenium: 9.56µg (13.65%), Folate: 44.7µg (11.17%), Vitamin B1: 0.17mg (11.1%), Vitamin B2: 0.17mg (9.94%), Vitamin K: 8.64µg (8.23%), Vitamin B3: 1.27mg (6.35%), Iron: 1.13mg (6.3%), Vitamin B6: 0.12mg (6.11%), Phosphorus: 58.13mg (5.81%), Fiber: 1.24g (4.98%), Copper: 0.09mg (4.63%), Magnesium: 16.02mg (4.01%), Potassium: 137.24mg (3.92%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.38mg (2.56%), Vitamin C: 2mg (2.43%), Calcium: 22.66mg (2.27%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.3µg (1.98%), Vitamin A: 76.49IU (1.53%)