



Lower Fat Banana Bread II

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup apple sauce
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 bananas very ripe mashed
- 2 eggs
- 1.8 cups flour all-purpose
- 0.3 cup nonfat milk
- 0.5 teaspoon salt

- 1 tablespoon vanilla extract
- 1 tablespoon vegetable oil
- 0.3 cup walnuts chopped
- 0.7 cup sugar white

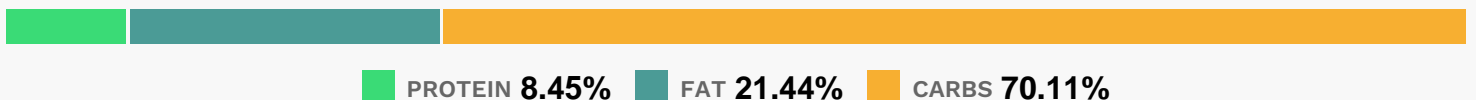
Equipment

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

Directions

- Preheat oven to 325 degrees F (165 degrees C). Spray a bread pan with non-stick cooking spray, and lightly dust with flour.
- In a large bowl, beat eggs and sugar in a large bowl until light and fluffy, about 5 minutes. Beat in bananas, applesauce, milk, oil and vanilla.
- In a separate bowl, sift together flour, baking powder, baking soda and salt. Stir flour mixture into banana mixture, mixing just until blended. Fold in walnuts.
- Pour batter into prepared pan.
- Bake in preheated pan until golden and a toothpick inserted into center of the loaf comes out clean, about 1 hour. Turn bread out onto a wire rack and let cool.

Nutrition Facts



Properties

Glycemic Index:57.52, Glycemic Load:40.64, Inflammation Score:-4, Nutrition Score:10.906521672788%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 352.64kcal (17.63%), Fat: 8.48g (13.05%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 62.38g (20.79%), Net Carbohydrates: 59.82g (21.75%), Sugar: 29.21g (32.46%), Cholesterol: 54.97mg (18.32%), Sodium: 454.6mg (19.77%), Alcohol: 0.75g (100%), Alcohol %: 0.63% (100%), Protein: 7.52g (15.03%), Manganese: 0.59mg (29.52%), Selenium: 18.01µg (25.73%), Vitamin B1: 0.34mg (22.46%), Folate: 88.43µg (22.11%), Vitamin B2: 0.31mg (18.4%), Phosphorus: 143.97mg (14.4%), Iron: 2.43mg (13.48%), Vitamin B3: 2.53mg (12.66%), Calcium: 119.32mg (11.93%), Vitamin B6: 0.23mg (11.57%), Fiber: 2.56g (10.23%), Copper: 0.2mg (10.18%), Magnesium: 33.23mg (8.31%), Potassium: 262.94mg (7.51%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.77mg (5.16%), Vitamin K: 4.74µg (4.52%), Vitamin C: 3.61mg (4.37%), Vitamin B12: 0.21µg (3.49%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.44µg (2.95%), Vitamin A: 136.39IU (2.73%)