



Maple Banana Bread

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 bananas ripe
- 0.5 cup butter melted
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon maple extract
- 0.5 cup maple syrup

- 3 tablespoons milk
- 0.3 cup walnuts chopped
- 3 tablespoons sugar white

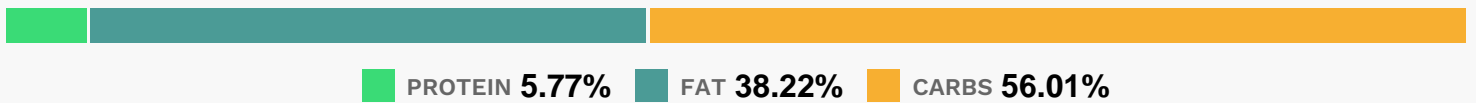
Equipment

- bowl
- oven
- knife
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 5x9 inch loaf pan.
- In a large bowl, mix the melted butter and maple syrup. Beat in the egg and bananas, leaving a few small chunks. Stir in the maple extract and milk. In a separate bowl, mix the flour, baking soda, and baking powder, and stir into the banana mixture just until moistened.
- Transfer to the prepared loaf pan.
- Mix the nuts and sugar, and sprinkle evenly over the batter.
- Bake 50 minutes in the preheated oven, or until a knife inserted in the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:36.36, Glycemic Load:19.22, Inflammation Score:-3, Nutrition Score:6.4556521332782%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg 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: 232.45kcal (11.62%), Fat: 10.01g (15.4%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 33g (11%), Net Carbohydrates: 31.76g (11.55%), Sugar: 13.75g (15.28%), Cholesterol: 34.43mg (11.48%), Sodium: 178.21mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Manganese: 0.59mg (29.41%), Vitamin B2: 0.32mg (18.65%), Vitamin B1: 0.19mg (12.72%), Selenium: 8.69µg (12.41%), Folate: 46.45µg (11.61%), Vitamin B3: 1.41mg (7.05%), Iron: 1.19mg (6.61%), Vitamin A: 275.31IU (5.51%), Phosphorus: 52.23mg (5.22%), Vitamin B6: 0.1mg (5.16%), Fiber: 1.24g (4.95%), Magnesium: 17.69mg (4.42%), Copper: 0.09mg (4.35%), Potassium: 146.68mg (4.19%), Calcium: 39.88mg (3.99%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.25mg (2.51%), Vitamin C: 1.74mg (2.11%), Vitamin E: 0.31mg (2.06%), Vitamin B12: 0.07µg (1.15%)