



## Mini Banana Bread

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



70 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1 cup fully bananas ripe mashed ( 3)
- 4 eggs
- 3.4 oz jell-o banana cream flavor pudding instant
- 0.3 cup oil
- 0.5 cup planters walnuts chopped
- 1 cup water
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

## Equipment

- bowl
- oven
- blender
- loaf pan
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350F.
- Beat first 5 ingredients in large bowl with mixer until blended.
- Add bananas and nuts; mix just until blended.
- Pour into 5 foil mini loaf pans sprayed with cooking spray.
- Bake 40 min. or until toothpick inserted in centers comes out clean. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.635217388039%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg

## Nutrients (% of daily need)

Calories: 70.38kcal (3.52%), Fat: 2.53g (3.89%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 10.9g (3.96%), Sugar: 6.36g (7.07%), Cholesterol: 13.09mg (4.36%), Sodium: 109.46mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.07%), Phosphorus: 59.23mg (5.92%), Manganese: 0.07mg (3.45%), Folate: 10.43µg (2.61%), Vitamin B2: 0.04mg (2.59%), Calcium: 25.34mg (2.53%), Vitamin E: 0.34mg (2.26%), Selenium: 1.49µg (2.13%), Vitamin B1: 0.03mg (2.02%), Iron: 0.32mg (1.78%), Copper: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.56%), Vitamin B3: 0.28mg (1.38%), Fiber: 0.28g (1.12%), Vitamin K: 1.16µg (1.1%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.2mg (1.05%)