



Mini Banana Breads

READY IN



180 min.

SERVINGS



80

CALORIES



52 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.3 cups sugar
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups banana ripe mashed (3 to 4 medium)
- ☐ 0.5 cup buttermilk
- ☐ 1 teaspoon vanilla
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon salt

☐ 1 cup nuts chopped

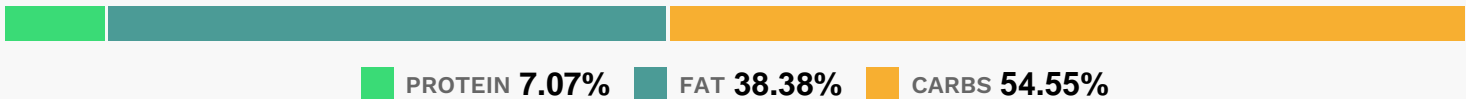
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottoms only of 10 (4 1/2x2 1/2x1 1/2-inch) mini loaf pans with shortening or cooking spray.
- ☐ In large bowl, mix sugar and butter with spoon. Stir in eggs until well blended.
- ☐ Add bananas, buttermilk and vanilla; beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts. Divide batter evenly among pans, filling each with about 1/2 cup batter.
- ☐ Bake 30 to 35 minutes or until toothpick inserted in centers comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans to cooling racks. Cool completely, about 2 hours. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:1.2365217389458%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg

Nutrients (% of daily need)

Calories: 52.29kcal (2.61%), Fat: 2.28g (3.51%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 6.95g (2.53%), Sugar: 3.56g (3.95%), Cholesterol: 4.26mg (1.42%), Sodium: 59.62mg (2.59%), Alcohol: 0.02g (100%), Alcohol %: 0.14% (100%), Protein: 0.95g (1.89%), Manganese: 0.07mg (3.49%), Selenium: 1.76µg (2.52%), Vitamin B1: 0.04mg (2.43%), Folate: 9.22µg (2.3%), Vitamin B2: 0.03mg (1.98%), Vitamin B3: 0.34mg

(1.68%), Phosphorus: 16.45mg (1.64%), Copper: 0.03mg (1.61%), Iron: 0.28mg (1.54%), Magnesium: 6mg (1.5%), Fiber: 0.34g (1.36%), Vitamin A: 61.23IU (1.22%)