



Moist Banana Raisin Bread

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



165 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 banana ripe mashed
- 1.5 tablespoons butter melted
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 1.5 tablespoons milk
- 0.3 cup peanut butter

- 0.5 cup raisins
- 0.3 cup roasted peanuts chopped
- 1 dash salt
- 0.3 cup sugar white

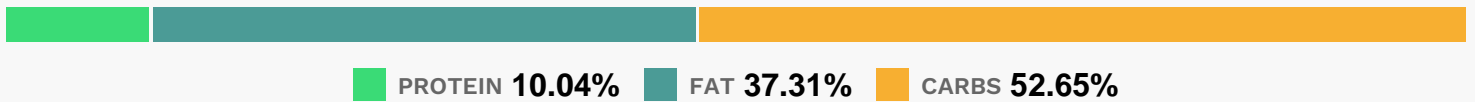
Equipment

- bowl
- frying pan
- oven
- knife
- loaf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 5x9 inch loaf pan.
- In a large bowl, cream together the butter, sugar, peanut butter, egg, banana, and milk. In a separate bowl, mix the flour, baking powder, baking soda, and salt. Stir the flour mixture into the butter mixture just until moistened. Fold in the raisins and peanuts.
- Transfer to the prepared pan.
- Bake 45 minutes in the preheated oven, or until a knife inserted in the center of the loaf comes out clean. Cool in pan for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.72, Glycemic Load:13.51, Inflammation Score:-2, Nutrition Score:4.8434782540021%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.34kcal (8.27%), Fat: 7.17g (11.03%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 21.19g (7.71%), Sugar: 7.63g (8.48%), Cholesterol: 17.63mg (5.88%), Sodium: 106.84mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Manganese: 0.29mg (14.59%), Vitamin B3: 2.16mg (10.8%), Folate: 32.98µg (8.25%), Selenium: 5.4µg (7.71%), Vitamin B1: 0.11mg (7.58%), Phosphorus: 67.24mg (6.72%), Vitamin B2: 0.11mg (6.29%), Fiber: 1.56g (6.25%), Magnesium: 24.73mg (6.18%), Iron: 0.94mg (5.25%), Vitamin E: 0.75mg (4.99%), Vitamin B6: 0.1mg (4.95%), Potassium: 168.65mg (4.82%), Copper: 0.09mg (4.71%), Zinc: 0.4mg (2.66%), Vitamin B5: 0.26mg (2.65%), Calcium: 24.93mg (2.49%), Vitamin A: 72.86IU (1.46%), Vitamin C: 1.18mg (1.43%)