



Molasses-Oat Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup banana ripe mashed (2 bananas)
- 0.3 cup butter softened
- 0.3 cup blackstrap molasses dark
- 2 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup yogurt plain low-fat

- 0.7 cup regular oats
- 0.5 teaspoon salt
- 0.7 cup sugar
- 1 teaspoon vanilla extract
- 0.5 cup flour whole wheat

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, oats, baking soda, cinnamon, and salt, stirring with a whisk.
- Place sugar, butter, and molasses in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).
- Add eggs, 1 at a time, beating well after each addition.
- Add banana, yogurt, and vanilla; beat until blended.
- Add flour mixture; beat at low speed just until moist. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts

PROTEIN 7.52% FAT 23.04% CARBS 69.44%

Properties

Glycemic Index:24.2, Glycemic Load:16.29, Inflammation Score:-3, Nutrition Score:5.9247826337814%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg 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: 175.31kcal (8.77%), Fat: 4.58g (7.05%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 29.61g (10.77%), Sugar: 17.36g (19.29%), Cholesterol: 35.64mg (11.88%), Sodium: 205.22mg (8.92%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Protein: 3.36g (6.72%), Manganese: 0.56mg (27.77%), Selenium: 10.81µg (15.45%), Magnesium: 37.53mg (9.38%), Vitamin B1: 0.12mg (8.11%), Iron: 1.29mg (7.15%), Phosphorus: 69.24mg (6.92%), Vitamin B2: 0.11mg (6.69%), Vitamin B6: 0.13mg (6.69%), Folate: 25.73µg (6.43%), Potassium: 220.32mg (6.29%), Fiber: 1.44g (5.78%), Copper: 0.1mg (5.01%), Vitamin B3: 0.95mg (4.73%), Calcium: 39.05mg (3.9%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.51mg (3.37%), Vitamin A: 150.51IU (3.01%), Vitamin B12: 0.1µg (1.72%), Vitamin E: 0.24mg (1.58%), Vitamin C: 0.98mg (1.19%)