



Momma Callie's Banana Nut Bread with Honey Butter

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



564 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 large bananas very ripe
- ☐ 1 stick butter plus more for loaf pan at room temperature
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose plus more for pan
- ☐ 1 cup granulated sugar

- ☐ 2 tablespoons honey
- ☐ 0.8 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 stick butter salted softened
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

Equipment

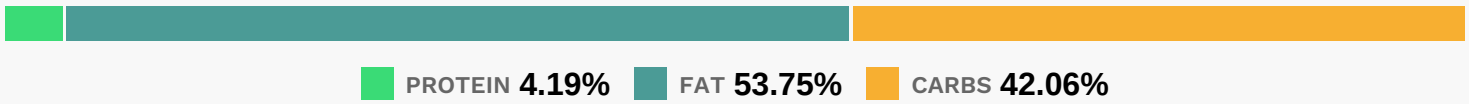
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ stand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F and put a rack on the middle shelf. Butter and flour a 9 by 5 by 3-inch loaf pan.
- ☐ In a large bowl, whisk together the flour, baking soda, baking powder and salt.
- ☐ In a separate small bowl, mash the bananas with a wooden spoon, leaving a bit of texture.
- ☐ In another large bowl, use a hand electric mixer or stand mixer to cream the 1/2 cup of butter and sugar together until light and fluffy.
- ☐ Add the eggs, 1 at a time. Stir in the mashed bananas, sour cream and vanilla and beat until just combined.
- ☐ Add the dry ingredients and gently stir in pecans.

- ☐ Pour the batter into the pan and put on a sheet tray.
- ☐ Bake for 1 hour and 10 minutes.
- ☐ Let cool for 5 minutes in the pan then turn out onto a wire rack to finish cooling. Slice and serve with Honey Butter.
- ☐ Mix the butter and the honey together in a small bowl with a wooden spoon.
- ☐ Serve with the banana bread.

Nutrition Facts



Properties

Glycemic Index:56.77, Glycemic Load:38.47, Inflammation Score:-6, Nutrition Score:10.842173975447%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 564.12kcal (28.21%), Fat: 34.72g (53.42%), Saturated Fat: 17.09g (106.8%), Carbohydrates: 61.13g (20.38%), Net Carbohydrates: 58.18g (21.16%), Sugar: 36.57g (40.63%), Cholesterol: 115.72mg (38.57%), Sodium: 685.82mg (29.82%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.1g (12.19%), Manganese: 0.77mg (38.48%), Selenium: 13.69µg (19.56%), Vitamin B1: 0.28mg (18.44%), Vitamin A: 901.39IU (18.03%), Folate: 63.03µg (15.76%), Vitamin B2: 0.26mg (15.55%), Vitamin B6: 0.25mg (12.42%), Phosphorus: 118.49mg (11.85%), Fiber: 2.95g (11.81%), Copper: 0.21mg (10.6%), Iron: 1.81mg (10.03%), Vitamin B3: 1.89mg (9.43%), Magnesium: 35.1mg (8.78%), Potassium: 295.68mg (8.45%), Calcium: 71.7mg (7.17%), Vitamin E: 1.05mg (7%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.95mg (6.35%), Vitamin C: 4.7mg (5.7%), Vitamin B12: 0.19µg (3.16%), Vitamin K: 2.91µg (2.77%), Vitamin D: 0.25µg (1.67%)