

Mommy's Banana Bread

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



468 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 1 cup banana ripe mashed
- 0.5 cup butter softened
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.3 cup milk

- 0.5 teaspoon salt
- 1 cup granulated sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- wire rack
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Generously grease a 9x5-inch loaf pan with 2 teaspoons butter.
- Mix 1 tablespoon of sugar with 1 teaspoon of cinnamon in a small bowl, and pour the mixture into the buttered pan. Swirl and tap the pan to distribute cinnamon-sugar all over the inside of the pan, up to the rim.
- In a bowl, whisk together flour, baking powder, salt, 1 teaspoon of cinnamon, and the nutmeg. In a large mixing bowl, beat 1/2 cup of butter with 1 cup of sugar until creamy; beat in eggs, one at a time, until thoroughly incorporated. Stir in the mashed bananas and milk.
- Mix in the flour mixture just until thoroughly moistened (a few lumps are fine), and scrape the batter into the prepared loaf pan.
- Sprinkle the top of the batter with 1 more teaspoon of sugar.
- Bake in the preheated oven until a toothpick inserted into the center of the loaf comes out clean, about 1 hour.
- Let cool in the pan for 10 minutes before removing to finish cooling on a wire rack.

Nutrition Facts



■ PROTEIN 5.83% ■ FAT 33.51% ■ CARBS 60.66%

Properties

Glycemic Index:75.81, Glycemic Load:49.77, Inflammation Score:-5, Nutrition Score:10.256086924802%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 467.71kcal (23.39%), Fat: 17.72g (27.27%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 72.19g (24.06%), Net Carbohydrates: 70.2g (25.53%), Sugar: 37.04g (41.15%), Cholesterol: 96.45mg (32.15%), Sodium: 553.59mg (24.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Selenium: 19.48µg (27.83%), Vitamin B1: 0.35mg (23.2%), Folate: 88.86µg (22.21%), Manganese: 0.42mg (21.06%), Vitamin B2: 0.32mg (18.71%), Calcium: 154.38mg (15.44%), Iron: 2.53mg (14.06%), Phosphorus: 138.74mg (13.87%), Vitamin B3: 2.66mg (13.31%), Vitamin A: 585.55IU (11.71%), Fiber: 1.99g (7.96%), Vitamin B6: 0.14mg (7.13%), Vitamin B5: 0.55mg (5.51%), Magnesium: 20.33mg (5.08%), Potassium: 177.24mg (5.06%), Copper: 0.1mg (4.78%), Vitamin E: 0.66mg (4.37%), Zinc: 0.59mg (3.94%), Vitamin B12: 0.22µg (3.63%), Vitamin D: 0.41µg (2.7%), Vitamin C: 2.19mg (2.66%), Vitamin K: 1.75µg (1.67%)