



Mom's Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.7 cups banana ripe mashed (3 bananas)
- ☐ 2 large egg whites
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup butter light softened
- ☐ 0.3 cup cream sour low-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup skim milk

☐ 1 cup sugar

Equipment

☐ bowl

☐ oven

☐ wire rack

☐ blender

☐ loaf pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine sugar and butter in a bowl; beat at medium speed of a mixer until well-blended.
- ☐ Add banana, milk, sour cream, and egg whites; beat well, and set aside.
- ☐ Combine flour, baking soda, and salt; stir well.
- ☐ Add dry ingredients to creamed mixture, beating until blended.
- ☐ Spoon batter into 4 (5 x 2 1/2-inch) miniature loaf pans coated with cooking spray.
- ☐ Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Let cool in pans 10 minutes on a wire rack; remove from pans.
- ☐ Let cool completely on wire racks.
- ☐ Note: To make one 9-inch loaf, spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; bake at 350 for 1 hour and 10 minutes.

Nutrition Facts



Properties

Glycemic Index:58.28, Glycemic Load:76.57, Inflammation Score:-6, Nutrition Score:13.412608571675%

Flavonoids

Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 583.81kcal (29.19%), Fat: 10.81g (16.63%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 113.63g (37.88%), Net Carbohydrates: 110.32g (40.12%), Sugar: 58.62g (65.13%), Cholesterol: 21.39mg (7.13%), Sodium: 617.66mg (26.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.92%), Selenium: 26.32µg (37.6%), Vitamin B1: 0.53mg (35.1%), Folate: 129.57µg (32.39%), Manganese: 0.6mg (30%), Vitamin B2: 0.48mg (28.48%), Vitamin B3: 4.15mg (20.77%), Iron: 3.28mg (18.2%), Vitamin B6: 0.27mg (13.55%), Fiber: 3.31g (13.25%), Phosphorus: 115.42mg (11.54%), Potassium: 385.28mg (11.01%), Magnesium: 36.47mg (9.12%), Vitamin A: 373.09IU (7.46%), Copper: 0.15mg (7.44%), Vitamin C: 5.57mg (6.75%), Calcium: 62.02mg (6.2%), Vitamin B5: 0.57mg (5.69%), Zinc: 0.72mg (4.81%), Vitamin B12: 0.18µg (3.06%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.35µg (2.31%), Vitamin K: 1.29µg (1.23%)