



Mrs. Kurtz's Banana Bread

READY IN



70 min.

SERVINGS



8

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups bananas mashed
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup milk sour
- ☐ 1 cup sugar white

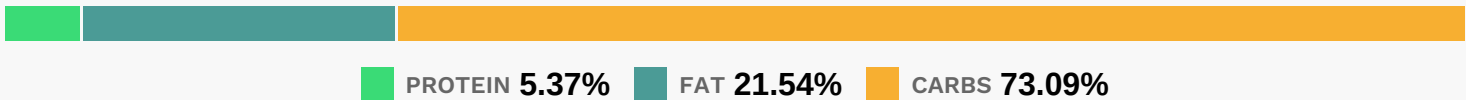
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Cream together butter or margarine, sugar, and salt.
- ☐ Mix in egg. Stir in bananas and milk. Stir in flour and baking soda with a few swift strokes; do not overbeat.
- ☐ Spread batter into a greased and floured 9 x 5 inch loaf pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 45 to 60 minutes, or until a tester inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:35.2, Inflammation Score:-4, Nutrition Score:6.1782608420953%

Flavonoids

Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 282.55kcal (14.13%), Fat: 6.93g (10.66%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 51.13g (18.59%), Sugar: 30.55g (33.94%), Cholesterol: 21.38mg (7.13%), Sodium: 254.01mg (11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Selenium: 10.35µg (14.79%), Manganese: 0.28mg (13.84%), Vitamin B1: 0.2mg (13.62%), Folate: 53.98µg (13.5%), Vitamin B2: 0.19mg (11.15%), Vitamin B6: 0.18mg (8.99%), Vitamin B3: 1.68mg (8.39%), Iron: 1.31mg (7.26%), Fiber: 1.73g (6.92%), Vitamin A: 322.8IU (6.46%), Potassium: 198.63mg (5.68%), Phosphorus: 54.82mg (5.48%), Magnesium: 18.34mg (4.58%), Vitamin C: 3.68mg (4.47%), Vitamin B5: 0.36mg (3.62%), Copper: 0.07mg (3.62%), Vitamin E: 0.34mg (2.25%), Zinc: 0.33mg (2.21%), Calcium: 20.51mg (2.05%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.19µg (1.29%)