



My Aunt's Banana Bread

READY IN

ready

85 min.

SERVINGS

servings

12

CALORIES

calories

356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 3 bananas ripe mashed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup chocolate chips
- ☐ 2 eggs beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts chopped

- ☐ 1 teaspoon distilled vinegar white
- ☐ 1.5 cups sugar white

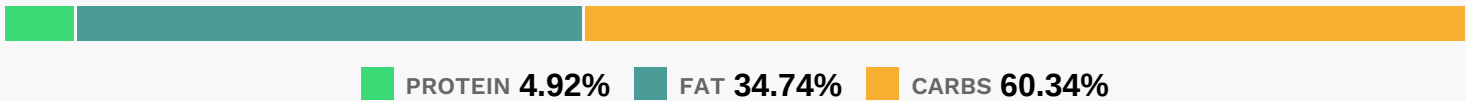
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan.
- ☐ Stir the bananas and vinegar together in a bowl, and set aside. Cream the sugar and butter together in a large bowl until creamy and smooth, then beat in the eggs. Stir in the reserved banana mixture. In a separate bowl, stir the flour, baking soda, baking powder, and salt together until the mixture is free of lumps.
- ☐ Mix the flour mixture into the butter-sugar mixture until well blended, and stir in the chopped walnuts and chocolate chips.
- ☐ Spread the batter into the prepared loaf pan.
- ☐ Bake in the preheated oven until lightly browned and a toothpick inserted into the center of the loaf comes out clean, 50 to 60 minutes.
- ☐ Let cool in pan about 5 minutes, then turn out onto a wire rack.

Nutrition Facts



Properties

Glycemic Index:34.32, Glycemic Load:33.77, Inflammation Score:-4, Nutrition Score:6.7956521355588%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 355.67kcal (17.78%), Fat: 14.1g (21.69%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 55.11g (18.37%), Net Carbohydrates: 53.38g (19.41%), Sugar: 33.06g (36.73%), Cholesterol: 47.62mg (15.87%), Sodium: 255.31mg (11.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.41mg (20.47%), Selenium: 10.98µg (15.68%), Folate: 57.3µg (14.32%), Vitamin B1: 0.21mg (14.21%), Vitamin B2: 0.19mg (10.95%), Vitamin B3: 1.64mg (8.22%), Iron: 1.47mg (8.16%), Vitamin B6: 0.16mg (7.88%), Copper: 0.14mg (7.07%), Fiber: 1.73g (6.91%), Phosphorus: 69.13mg (6.91%), Vitamin A: 295.82IU (5.92%), Magnesium: 21.94mg (5.49%), Potassium: 186.57mg (5.33%), Vitamin B5: 0.35mg (3.52%), Vitamin C: 2.63mg (3.19%), Calcium: 31.63mg (3.16%), Zinc: 0.46mg (3.1%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.08µg (1.36%)