



Nana's Banana Bread

 Vegetarian

READY IN



145 min.

SERVINGS



30

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 lb bananas very ripe
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.3 cup buttermilk
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

Equipment

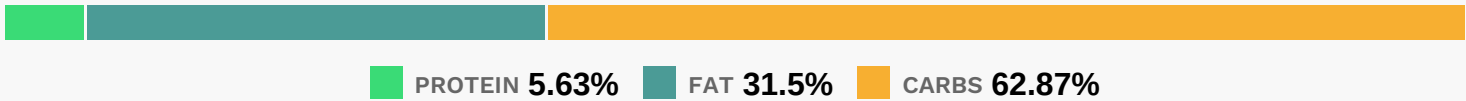
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350
- ☐ Sift together first 4 ingredients in a large bowl. Mash bananas with lemon juice in a small bowl. (You want a little texture like semi-lumpy mashed potatoes.)
- ☐ Beat butter and next 3 ingredients at low speed with a heavy-duty electric stand mixer 1 minute or until combined. Increase speed to medium, and beat 1 1/2 to 2 minutes or until light and fluffy.
- ☐ Add eggs, 1 at a time, beating until blended after each addition, stopping to scrape bowl as needed.
- ☐ Add flour mixture to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Add banana mixture, beating just until batter is blended (no more than 10 seconds).
- ☐ Pour batter into a well-buttered and floured 8- x 4-inch loaf pan, and place on a baking sheet.
- ☐ Bake at 350 for 55 to 60 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.

Remove from pan to a wire rack, and cool 50 minutes. Wrap in plastic wrap (it will still be warmthis helps the bread stay moist), and store at room temperature up to 4 days.

Nutrition Facts



Properties

Glycemic Index:7.86, Glycemic Load:8.06, Inflammation Score:-1, Nutrition Score:2.276956540087%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.21kcal (5.01%), Fat: 3.58g (5.51%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.49g (5.63%), Sugar: 8.87g (9.86%), Cholesterol: 20.75mg (6.92%), Sodium: 83.86mg (3.65%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.44g (2.88%), Selenium: 3.82µg (5.46%), Manganese: 0.1mg (5.01%), Folate: 18.22µg (4.55%), Vitamin B1: 0.06mg (4.3%), Vitamin B2: 0.07mg (3.99%), Vitamin B6: 0.07mg (3.34%), Vitamin B3: 0.54mg (2.71%), Iron: 0.47mg (2.6%), Vitamin A: 125.63IU (2.51%), Fiber: 0.61g (2.43%), Potassium: 75.5mg (2.16%), Phosphorus: 20.59mg (2.06%), Magnesium: 6.73mg (1.68%), Vitamin C: 1.38mg (1.67%), Vitamin B5: 0.15mg (1.51%), Copper: 0.03mg (1.4%), Calcium: 10.38mg (1.04%)