



## Nutty Banana Bread

 Vegetarian

READY IN



60 min.

SERVINGS



3

CALORIES



1802 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 10 banana mashed
- 1 cup brown sugar
- 0.8 cup butter softened
- 3 eggs beaten
- 3 cups flour all-purpose
- 0.3 cup pecans
- 0.5 teaspoon salt

0.8 cup walnut halves

## Equipment

bowl

oven

wire rack

loaf pan

toothpicks

## Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease three 8x4 inch loaf pans.

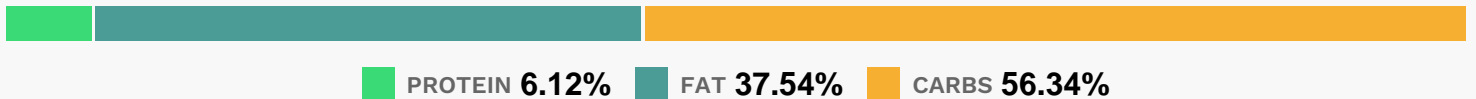
In a large bowl, stir together flour, baking soda and salt. In a separate bowl, beat together bananas, butter, brown sugar and eggs. Stir banana mixture into flour mixture, just until combined. Fold in nuts.

Pour batter into prepared pans.

Bake in preheated oven for 30 to 45 minutes, until a toothpick inserted into the center of the loaf comes out clean.

Let bread rest in pans for 10 minutes, then remove loaves from pans and allow to cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:69.93, Glycemic Load:112.99, Inflammation Score:-10, Nutrition Score:47.217826179836%

## Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 24.59mg, Catechin: 24.59mg, Catechin: 24.59mg, Catechin: 24.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.04mg, Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 1801.85kcal (90.09%), Fat: 77.74g (119.6%), Saturated Fat: 33.48g (209.27%), Carbohydrates: 262.51g (87.5%), Net Carbohydrates: 246.16g (89.51%), Sugar: 120.75g (134.16%), Cholesterol: 285.69mg (95.23%), Sodium: 1572.11mg (68.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.03%), Manganese: 3.34mg (167.23%), Folate: 361.01µg (90.25%), Selenium: 63.02µg (90.02%), Vitamin B6: 1.78mg (88.97%), Vitamin B1: 1.28mg (85.19%), Vitamin B2: 1.18mg (69.39%), Fiber: 16.35g (65.41%), Copper: 1.12mg (55.87%), Potassium: 1876.65mg (53.62%), Vitamin B3: 10.56mg (52.79%), Iron: 9.19mg (51.04%), Magnesium: 202.92mg (50.73%), Phosphorus: 449.26mg (44.93%), Vitamin C: 34.69mg (42.05%), Vitamin A: 1917.99IU (38.36%), Vitamin B5: 2.93mg (29.33%), Zinc: 3.38mg (22.56%), Calcium: 172.22mg (17.22%), Vitamin E: 2.57mg (17.11%), Vitamin B12: 0.49µg (8.13%), Vitamin K: 7.52µg (7.17%), Vitamin D: 0.88µg (5.87%)