



Oatmeal Banana Cinnamon Bread

 Vegetarian

READY IN



190 min.

SERVINGS



24

CALORIES



72 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 0.8 cup banana mashed
- ☐ 2 cups bread flour
- ☐ 1 teaspoon butter extract flavored
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon orange extract
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup rolled oats

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 1 tablespoon sugar white

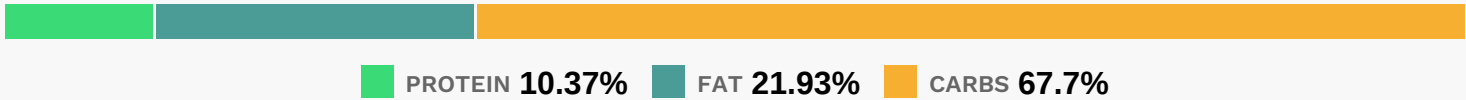
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select light setting; press Start.

Nutrition Facts



Properties

Glycemic Index:14.87, Glycemic Load:6.8, Inflammation Score:-1, Nutrition Score:2.2030434942926%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 71.51kcal (3.58%), Fat: 1.74g (2.68%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 11.25g (4.09%), Sugar: 1.45g (1.61%), Cholesterol: 0.45mg (0.15%), Sodium: 99.09mg (4.31%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 1.86g (3.71%), Manganese: 0.23mg (11.66%), Selenium: 5.21µg (7.44%), Fiber: 0.86g (3.45%), Vitamin B1: 0.05mg (3.18%), Phosphorus: 26.89mg (2.69%), Folate: 10.52µg (2.63%), Magnesium: 9.43mg (2.36%), Vitamin K: 2.25µg (2.14%), Copper: 0.04mg (2%), Vitamin B6: 0.04mg (1.81%), Zinc: 0.24mg (1.6%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.46%), Potassium: 50.43mg (1.44%), Vitamin B3: 0.27mg (1.35%), Vitamin B5: 0.13mg (1.34%), Vitamin E: 0.16mg (1.08%)