



Oatmeal Banana Nut Bread

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



506 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 0.8 cup sugar white

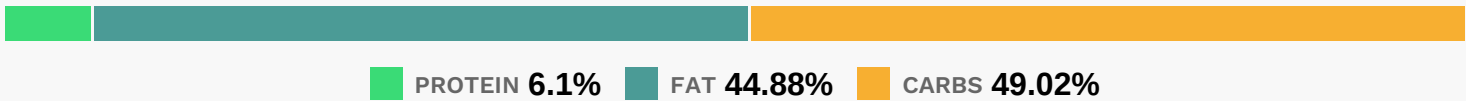
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. Stir in the eggs one at a time, beating well with each addition, then stir in the banana and vanilla.
- ☐ In a separate bowl, sift together flour, baking soda and salt. Beat into creamed mixture. Stir in oats and nuts.
- ☐ Pour into prepared pan.
- ☐ Bake in preheated oven for 50 to 55 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:47.48, Glycemic Load:41.57, Inflammation Score:-4, Nutrition Score:11.950869570608%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 506.12kcal (25.31%), Fat: 25.81g (39.71%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 63.43g (21.14%), Net Carbohydrates: 60.32g (21.94%), Sugar: 30.1g (33.44%), Cholesterol: 54.56mg (18.19%), Sodium: 308.21mg (13.4%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 7.89g (15.79%), Manganese: 0.94mg (47.25%), Selenium: 18.4µg (26.28%), Vitamin B1: 0.34mg (22.4%), Folate: 83.3µg (20.82%), Vitamin B2: 0.28mg (16.29%), Phosphorus: 135.76mg (13.58%), Iron: 2.43mg (13.49%), Copper: 0.27mg (13.36%), Magnesium: 52.49mg (13.12%), Fiber: 3.11g (12.43%), Vitamin B6: 0.24mg (11.79%), Vitamin B3: 2.27mg (11.36%), Vitamin K: 9.89µg (9.42%), Vitamin E: 1.37mg (9.15%), Potassium: 256.64mg (7.33%), Vitamin B5: 0.71mg (7.07%), Zinc: 0.99mg (6.57%), Vitamin C: 3.39mg (4.11%), Calcium: 28.12mg (2.81%), Vitamin B12: 0.13µg (2.18%), Vitamin A: 105.15IU (2.1%), Vitamin D: 0.29µg (1.96%)