



Orange Banana Bread

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



645 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups bananas ripe mashed 4 bananas
- ☐ 8 servings bananas sliced for garnish
- ☐ 0.3 cup butter melted
- ☐ 8 servings cream cheese
- ☐ 2 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 8 servings honey
- ☐ 1 tablespoon orange zest
- ☐ 8 servings peanut butter
- ☐ 0.3 cup yogurt plain
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole wheat

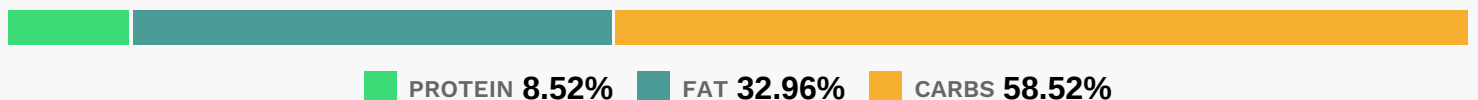
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 9-by-5 inch baking pan with nonstick cooking spray. In a large bowl, combine the flours, sugar, baking soda and salt.
- ☐ In another large bowl, combine the bananas, butter, yogurt, vanilla extract and eggs whisking until smooth. Fold the flour mixture into the butter mixture until well incorporated. Stir in the orange zest and ground cinnamon.
- ☐ Pour into the prepared pan.
- ☐ Bake until a wooden pick inserted in the center comes out clean, about 50 minutes.
- ☐ Garnish with bananas. Then if you like, spread on a bit of peanut butter, honey or cream cheese.

Nutrition Facts



Properties

Glycemic Index:52.74, Glycemic Load:48.59, Inflammation Score:-7, Nutrition Score:21.433912971745%

Flavonoids

Catechin: 10.26mg, Catechin: 10.26mg, Catechin: 10.26mg, Catechin: 10.26mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 644.93kcal (32.25%), Fat: 24.99g (38.45%), Saturated Fat: 7.92g (49.48%), Carbohydrates: 99.84g (33.28%), Net Carbohydrates: 91.74g (33.36%), Sugar: 55.3g (61.45%), Cholesterol: 58.51mg (19.5%), Sodium: 529.87mg (23.04%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 14.53g (29.06%), Manganese: 1.67mg (83.68%), Vitamin B6: 0.85mg (42.67%), Vitamin B3: 7.08mg (35.4%), Fiber: 8.1g (32.38%), Magnesium: 126.7mg (31.68%), Selenium: 21.54µg (30.77%), Folate: 102.91µg (25.73%), Potassium: 894.84mg (25.57%), Phosphorus: 250.7mg (25.07%), Vitamin E: 3.5mg (23.33%), Vitamin B2: 0.36mg (21.41%), Vitamin B1: 0.3mg (20.21%), Vitamin C: 15.74mg (19.08%), Copper: 0.36mg (18.23%), Iron: 2.52mg (13.98%), Vitamin B5: 1.29mg (12.91%), Zinc: 1.8mg (12.01%), Vitamin A: 372.72IU (7.45%), Calcium: 56.04mg (5.6%), Vitamin B12: 0.15µg (2.5%), Vitamin K: 1.88µg (1.79%), Vitamin D: 0.23µg (1.53%)