

Orange Banana-Nut Bread



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

170 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed 3 bananas
- ☐ 0.3 cup butter softened
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons orange juice fresh
- ☐ 1.5 tablespoons orange rind grated
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 0.3 cup walnuts chopped

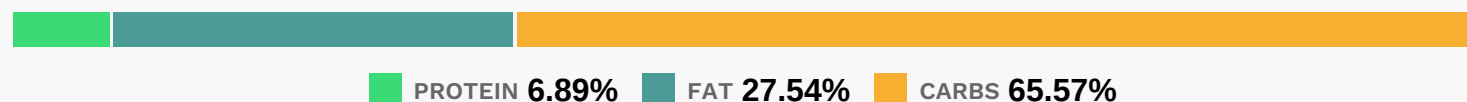
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, baking soda, and salt, stirring with a whisk.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add banana, rind, and juice; beat until blended.
- ☐ Add flour mixture; beat at low speed just until moist. Stir in walnuts; spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 5 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:20.12, Glycemic Load:19.11, Inflammation Score:-2, Nutrition Score:4.2552174018777%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 169.81kcal (8.49%), Fat: 5.31g (8.16%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 28.43g (9.48%), Net Carbohydrates: 27.42g (9.97%), Sugar: 14.59g (16.21%), Cholesterol: 30.88mg (10.29%), Sodium: 156.33mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Manganese: 0.23mg (11.53%), Selenium: 7.6µg (10.85%), Folate: 37.96µg (9.49%), Vitamin B1: 0.14mg (9.44%), Vitamin B2: 0.12mg (7.34%), Vitamin B3: 1.07mg (5.34%), Iron: 0.96mg (5.34%), Vitamin C: 3.61mg (4.38%), Phosphorus: 42.29mg (4.23%), Vitamin B6: 0.08mg (4.23%), Fiber: 1.02g (4.07%), Copper: 0.08mg (3.98%), Magnesium: 12.38mg (3.1%), Vitamin A: 140.61IU (2.81%), Potassium: 95.12mg (2.72%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.29mg (1.96%), Vitamin E: 0.19mg (1.27%), Calcium: 11.21mg (1.12%), Vitamin B12: 0.06µg (1.03%)