



Peanut Butter–Banana Bread

 Vegetarian

READY IN



93 min.

SERVINGS



16

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 tablespoon creamy peanut butter
- ☐ 2 tablespoons dry-roasted peanuts chopped
- ☐ 2 large eggs

- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

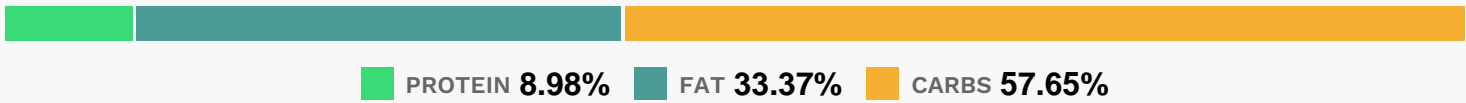
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare bread, combine first 5 ingredients in a large bowl; beat with a mixer at medium speed.
- ☐ Add granulated and brown sugars; beat until blended.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through allspice) in a small bowl.
- ☐ Add flour mixture to banana mixture; beat just until blended. Stir in nuts.

- ☐ Pour batter into a 9 x 5-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.
- ☐ Remove from oven; cool 10 minutes in pan on a wire rack.
- ☐ Remove bread from pan; cool.
- ☐ To prepare glaze, combine powdered sugar, milk, and 1 tablespoon peanut butter in a small bowl, stirring with a whisk.
- ☐ Drizzle glaze over bread.

Nutrition Facts



Properties

Glycemic Index:20.62, Glycemic Load:12.56, Inflammation Score:-3, Nutrition Score:5.6721739380256%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 7.85g (12.08%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.71g (10.44%), Sugar: 18.27g (20.3%), Cholesterol: 29.04mg (9.68%), Sodium: 189.96mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Manganese: 0.32mg (16.06%), Selenium: 7.39µg (10.56%), Vitamin B1: 0.16mg (10.38%), Vitamin B3: 1.92mg (9.59%), Folate: 37.22µg (9.3%), Phosphorus: 80.57mg (8.06%), Magnesium: 31.61mg (7.9%), Vitamin B2: 0.13mg (7.64%), Fiber: 1.82g (7.27%), Vitamin B6: 0.12mg (5.85%), Iron: 1.04mg (5.76%), Copper: 0.1mg (5.14%), Vitamin E: 0.74mg (4.92%), Potassium: 162.39mg (4.64%), Zinc: 0.54mg (3.6%), Calcium: 35.25mg (3.52%), Vitamin B5: 0.35mg (3.52%), Vitamin A: 110.81IU (2.22%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 1.29mg (1.57%)