



Peanut Butter-Honey Banana Bread

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



528 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 1 cup banana very ripe mashed (from 3 medium bananas)
- 0.5 cup t brown sugar dark packed
- 2 large eggs at room temperature
- 2 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.3 cup honey
- 0.7 cup natural butter extract unsalted (no sugar added)

- 0.5 teaspoon salt fine
- 8 tablespoons butter unsalted melted plus more for coating the pan (1 stick)
- 1 teaspoon vanilla extract
- 0.3 cup milk whole at room temperature

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- spatula
- skewers

Directions

- Heat the oven to 325°F and arrange a rack in the middle. Coat a 9-by-5-inch metal loaf pan with butter; set aside.
- Place the flour, baking soda, and salt in a medium bowl and whisk to aerate and break up any lumps. Set aside.
- Place the measured butter and both sugars in a large bowl and whisk to combine.
- Add the eggs, banana, peanut butter, honey, and vanilla and whisk until smooth.
- Add half of the reserved flour mixture and stir with a rubber spatula until just combined.
- Add half of the milk and stir until just combined. Repeat with the remaining flour mixture and milk, stirring until just combined.
- Pour the batter into the prepared pan and smooth out the top.
- Bake until the bread begins to pull away from the sides of the pan and a wooden skewer inserted into the center comes out clean, about 70 to 75 minutes.

- ☐ Transfer the pan to a wire rack to cool slightly, about 10 minutes. Run a knife around the perimeter of the pan and turn the bread out onto the rack to finish cooling. (Or serve it warm, with honey butter if desired.) Once completely cooled, store it in an airtight container at room temperature for up to 4 days.

Nutrition Facts

PROTEIN 7.56% **FAT 40.2%** **CARBS 52.24%**

Properties

Glycemic Index:36.27, Glycemic Load:34.3, Inflammation Score:-5, Nutrition Score:11.683913013209%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 528.12kcal (26.41%), Fat: 24.33g (37.43%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 71.13g (23.71%), Net Carbohydrates: 68.7g (24.98%), Sugar: 42.65g (47.38%), Cholesterol: 77.82mg (25.94%), Sodium: 382.75mg (16.64%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 10.29g (20.58%), Manganese: 0.61mg (30.28%), Vitamin B3: 4.85mg (24.23%), Selenium: 16.19µg (23.13%), Folate: 86.36µg (21.59%), Vitamin B1: 0.29mg (19.65%), Vitamin B2: 0.29mg (17.26%), Vitamin E: 2.46mg (16.37%), Phosphorus: 149.42mg (14.94%), Magnesium: 52.64mg (13.16%), Iron: 2.26mg (12.55%), Vitamin B6: 0.21mg (10.72%), Fiber: 2.43g (9.74%), Vitamin A: 445.83IU (8.92%), Copper: 0.17mg (8.73%), Potassium: 283.05mg (8.09%), Vitamin B5: 0.7mg (7%), Zinc: 1.04mg (6.93%), Calcium: 51.56mg (5.16%), Vitamin D: 0.57µg (3.81%), Vitamin B12: 0.19µg (3.17%), Vitamin C: 1.7mg (2.06%), Vitamin K: 1.3µg (1.24%)