



Powerhouse Banana Bread

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



975 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 6 bananas very ripe mashed
- ☐ 0.3 cup brown sugar dark divided
- ☐ 2 tablespoons dates divided chopped
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.5 cups cooking oats quick

- ☐ 0.5 teaspoon salt
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 2.5 teaspoons vanilla extract
- ☐ 2 tablespoons walnuts divided chopped
- ☐ 2 cups flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease 4 loaf pans, 7x3-inch size.
- ☐ Combine 1 tablespoon white sugar with 2 teaspoons cinnamon in a small bowl. Dust the insides of the greased loaf pans with the cinnamon sugar.
- ☐ Stir whole wheat flour, oats, all-purpose flour, baking soda, 1 1/2 teaspoon cinnamon, and salt in a bowl. Beat 2 cups brown sugar with 3/4 cup butter in a separate mixing bowl until creamy. Beat in sour cream, bananas, eggs, and vanilla extract until smooth. Stir the dry ingredients into the banana mixture and fold in 2 cups dates, 1 cup walnuts, and 1/2 cup toasted coconut.
- ☐ Spoon the batter into the prepared loaf pans.
- ☐ Sprinkle tops of each loaf with about 1 tablespoon of dark brown sugar and 1 1/2 teaspoons each of dates, walnuts, and coconut.
- ☐ Brush each loaf with melted butter for a shiny glaze.
- ☐ Bake loaves in the preheated oven until browned and a toothpick inserted into the center of a loaf comes out clean, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:67.94, Glycemic Load:51.15, Inflammation Score:-9, Nutrition Score:37.424782939579%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg, Catechin: 10.8mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 974.95kcal (48.75%), Fat: 32.92g (50.64%), Saturated Fat: 13.64g (85.25%), Carbohydrates: 154.32g (51.44%), Net Carbohydrates: 138.27g (50.28%), Sugar: 44.9g (49.89%), Cholesterol: 189.66mg (63.22%), Sodium: 1202.41mg (52.28%), Alcohol: 0.86g (100%), Alcohol %: 0.23% (100%), Protein: 25.17g (50.33%), Manganese: 4.8mg (239.85%), Selenium: 74.77µg (106.82%), Fiber: 16.06g (64.23%), Magnesium: 247.38mg (61.84%), Phosphorus: 600.8mg (60.08%), Vitamin B1: 0.82mg (54.86%), Vitamin B6: 1.09mg (54.36%), Vitamin B2: 0.78mg (45.62%), Folate: 157.54µg (39.38%), Potassium: 1277.57mg (36.5%), Iron: 6.53mg (36.25%), Copper: 0.69mg (34.59%), Vitamin B3: 6.56mg (32.81%), Zinc: 4.01mg (26.76%), Vitamin B5: 2.29mg (22.87%), Calcium: 208.45mg (20.84%), Vitamin A: 1007.31IU (20.15%), Vitamin C: 16.54mg (20.05%), Vitamin E: 1.67mg (11.12%), Vitamin B12: 0.53µg (8.86%), Vitamin K: 5.46µg (5.2%), Vitamin D: 0.66µg (4.4%)