



Powerhouse Banana Bread

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



1028 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 6 bananas very ripe mashed
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup brown sugar dark divided
- ☐ 2 tablespoons dates divided chopped
- ☐ 3 eggs
- ☐ 2 tablespoons flake coconut divided toasted
- ☐ 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
- ☐ 1 tablespoon sugar white
- ☐ 2 cups flour whole wheat

Equipment

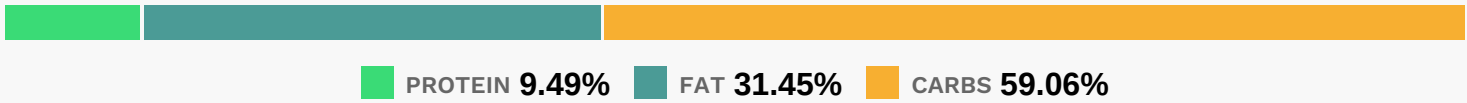
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

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:97.97, Glycemic Load:53.24, Inflammation Score:-9, Nutrition Score:37.822608823362%

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: 1028.1kcal (51.4%), Fat: 37.38g (57.5%), Saturated Fat: 16.87g (105.43%), Carbohydrates: 157.9g (52.63%), Net Carbohydrates: 141.44g (51.43%), Sugar: 48.08g (53.42%), Cholesterol: 197.19mg (65.73%), Sodium: 1225.87mg (53.3%), Alcohol: 0.86g (100%), Alcohol %: 0.22% (100%), Protein: 25.37g (50.73%), Manganese: 4.87mg (243.29%), Selenium: 75.29µg (107.56%), Fiber: 16.46g (65.86%), Magnesium: 249.7mg (62.42%), Phosphorus: 606.79mg (60.68%), Vitamin B1: 0.82mg (54.97%), Vitamin B6: 1.09mg (54.74%), Vitamin B2: 0.78mg (45.87%), Folate: 157.87µg (39.47%), Potassium: 1292.04mg (36.92%), Iron: 6.61mg (36.73%), Copper: 0.71mg (35.59%), Vitamin B3: 6.58mg (32.9%), Zinc: 4.07mg (27.12%), Vitamin B5: 2.31mg (23.11%), Vitamin A: 1094.78IU (21.9%), Calcium: 209.97mg (21%), Vitamin C: 16.58mg (20.1%), Vitamin E: 1.76mg (11.74%), Vitamin B12: 0.54µg (8.96%), Vitamin K: 5.72µg (5.44%), Vitamin D: 0.66µg (4.4%)