



Pumpkin Greek Yogurt Banana Bread



Vegetarian



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ginger
- ☐ 0.5 cup greek yogurt

- ☐ 0.5 teaspoon nutmeg
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 1 cup pumpkin puree homemade store bought (or)
- ☐ 2 large over-ripe bananas
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup flour whole wheat all-purpose (or flour)

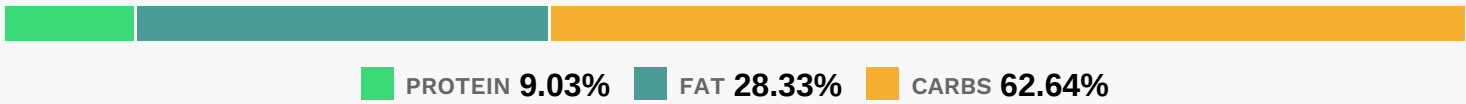
Equipment

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

Directions

- ☐ Mix the flours, baking powder, baking soda, salt, cinnamon, ginger, nutmeg and cloves in a large bowl.
- ☐ Mix brown sugar, pumpkin puree, bananas, eggs and yogurt in another large bowl.
- ☐ Mix the dry ingredients into the wet ingredients followed by the pecans.
- ☐ Pour the mixture into a greased 9x5 inch loaf pan.
- ☐ Bake in a preheated 350F oven until golden brown and a toothpick poked into the center comes out clean, about 60 minutes.

Nutrition Facts



Properties

Glycemic Index:40.22, Glycemic Load:12.6, Inflammation Score:-10, Nutrition Score:17.013043382893%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg

Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 324.68kcal (16.23%), Fat: 10.68g (16.44%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 48.41g (17.6%), Sugar: 26.24g (29.15%), Cholesterol: 41.54mg (13.85%), Sodium: 295.11mg (12.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Vitamin A: 4856.64IU (97.13%), Manganese: 1.32mg (66.19%), Selenium: 18.06µg (25.8%), Vitamin B1: 0.29mg (19.09%), Fiber: 4.75g (18.99%), Phosphorus: 160.54mg (16.05%), Copper: 0.3mg (14.94%), Vitamin B2: 0.24mg (14.05%), Magnesium: 55.17mg (13.79%), Folate: 53.12µg (13.28%), Iron: 2.39mg (13.26%), Vitamin B6: 0.26mg (12.83%), Potassium: 355.5mg (10.16%), Vitamin B3: 2.03mg (10.13%), Calcium: 93.87mg (9.39%), Zinc: 1.29mg (8.59%), Vitamin B5: 0.72mg (7.18%), Vitamin K: 5.87µg (5.6%), Vitamin C: 4.4mg (5.33%), Vitamin E: 0.74mg (4.96%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.22µg (1.47%)