



Quick Mix Banana Nut Bread

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 3 bananas ripe sliced
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon cider vinegar
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons milk
- ☐ 1 cup walnuts chopped

☐ 1 cup sugar white

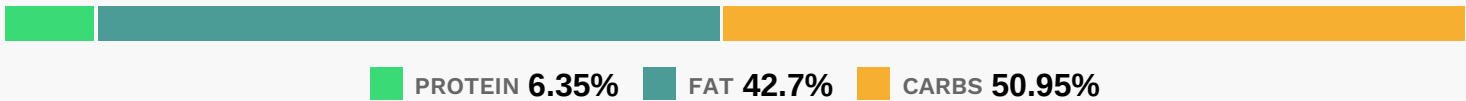
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C). Grease two 4x8-inch loaf pans.
- ☐ Mix the cider vinegar and milk together in a small bowl; set aside. Cream together the butter and sugar in a large bowl with an electric mixer. Beat in the sliced bananas until well incorporated, then stir in the milk mixture.
- ☐ Mix in the flour and baking soda until just combined, then mix in the walnuts and eggs until evenly distributed. Divide the batter evenly between the two prepared pans.
- ☐ Place the pans on a baking sheet for easier handling.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack. Wrap in plastic wrap and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:43.48, Glycemic Load:39.92, Inflammation Score:-6, Nutrition Score:11.321304331655%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 466.25kcal (23.31%), Fat: 22.8g (35.08%), Saturated Fat: 8.74g (54.6%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 58.23g (21.18%), Sugar: 31.14g (34.6%), Cholesterol: 72.1mg (24.03%), Sodium: 384.29mg (16.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Manganese: 0.84mg (42.04%), Selenium: 15.53µg (22.19%), Folate: 85.97µg (21.49%), Vitamin B1: 0.32mg (21.14%), Vitamin B2: 0.28mg (16.25%), Copper: 0.32mg (16.1%), Vitamin B6: 0.28mg (13.86%), Phosphorus: 125.1mg (12.51%), Iron: 2.2mg (12.23%), Fiber: 2.97g (11.9%), Vitamin B3: 2.32mg (11.62%), Magnesium: 44.3mg (11.08%), Vitamin A: 454.3IU (9.09%), Potassium: 285.24mg (8.15%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.57mg (5.73%), Vitamin C: 4.04mg (4.9%), Vitamin E: 0.61mg (4.09%), Calcium: 38.1mg (3.81%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.28µg (1.88%), Vitamin K: 1.75µg (1.67%)