



Really Rich Banana Bread

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



681 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 bananas ripe mashed
- ☐ 1 cup brown sugar dark
- ☐ 6 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 pinch ground allspice
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 pinch salt

- ☐ 1 cup butter unsalted
- ☐ 1 teaspoon vanilla extract

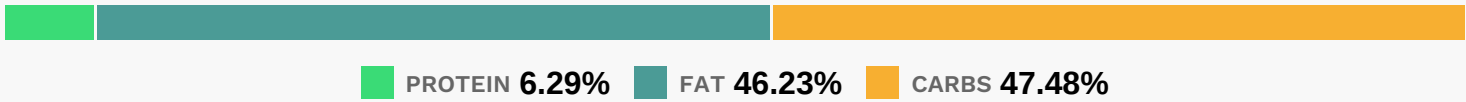
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x5 inch loaf pan.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Stir in the eggs one at a time, beating well with each addition. In a separate bowl, stir together flour, baking powder, nutmeg, allspice and salt. Blend the flour mixture into the butter and egg mixture a bit at a time, beating well after each addition.. Stir in the banana and vanilla; mixing just enough to evenly combine.
- ☐ Pour batter into prepared pan.
- ☐ Bake in preheated oven for 90 minutes, until a toothpick inserted into center of the loaf comes out clean. Cool the cake in the pan for 10 minutes and then turn out onto a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:29.89, Inflammation Score:-7, Nutrition Score:14.994782644769%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg,

Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 680.85kcal (34.04%), Fat: 35.51g (54.63%), Saturated Fat: 20.96g (131.03%), Carbohydrates: 82.08g (27.36%), Net Carbohydrates: 79.39g (28.87%), Sugar: 43.17g (47.97%), Cholesterol: 245.02mg (81.67%), Sodium: 226.22mg (9.84%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 10.86g (21.73%), Selenium: 29.05µg (41.49%), Folate: 110.31µg (27.58%), Vitamin B2: 0.46mg (27.27%), Vitamin A: 1221.08IU (24.42%), Vitamin B1: 0.37mg (24.35%), Manganese: 0.49mg (24.29%), Phosphorus: 185.12mg (18.51%), Iron: 3.28mg (18.21%), Vitamin B6: 0.33mg (16.31%), Calcium: 152.15mg (15.22%), Vitamin B3: 2.95mg (14.73%), Vitamin B5: 1.14mg (11.44%), Potassium: 376.26mg (10.75%), Fiber: 2.69g (10.74%), Vitamin D: 1.45µg (9.65%), Vitamin E: 1.42mg (9.49%), Magnesium: 35.07mg (8.77%), Copper: 0.16mg (8.13%), Vitamin B12: 0.46µg (7.6%), Zinc: 1mg (6.64%), Vitamin C: 5.15mg (6.24%), Vitamin K: 3.2µg (3.05%)