



Simple Banana Bread

 Vegetarian

READY IN



105 min.

SERVINGS



45

CALORIES



58 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 lb bananas peeled mashed
- 0.5 cup butter softened (1 stick)
- 2 tsp calumet baking powder
- 1 eggs lightly beaten
- 1.5 cups flour
- 0.5 cup granulated sugar
- 1 tsp ground cinnamon
- 1 tsp maxwell house coffee instant

- 1 Tbsp juice of lemon fresh
- 0.5 cup powdered sugar
- 0.5 tsp salt
- 2 tsp water hot

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer

Directions

- Preheat oven to 350F. Beat butter and granulated sugar in large bowl with electric mixer on medium speed until light and fluffy.
- Add bananas, egg and lemon juice; mix until well blended.
- Mix flour, baking powder, cinnamon and salt. Gradually add to banana mixture, mixing well after each addition.
- Pour into greased 9x5-inch loaf pan.
- Bake 1 hour or until bread springs back when lightly touched. Cool 10 min.; remove from pan to wire rack. Cool completely.
- Dissolve instant coffee in hot water in medium bowl.
- Add powdered sugar; beat until well blended.
- Drizzle over bread.
- Cut into 16 slices to serve.

Nutrition Facts



PROTEIN 4.65% **FAT 33.62%** **CARBS 61.73%**

Properties

Glycemic Index:7.71, Glycemic Load:5.02, Inflammation Score:-1, Nutrition Score:1.3386956505153%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.77kcal (2.89%), Fat: 2.22g (3.42%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.77g (3.19%), Sugar: 4.78g (5.31%), Cholesterol: 9.06mg (3.02%), Sodium: 67.26mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.07mg (3.33%), Selenium: 1.87µg (2.66%), Folate: 10.25µg (2.56%), Vitamin B1: 0.04mg (2.43%), Vitamin B6: 0.04mg (2.04%), Vitamin B2: 0.03mg (2%), Fiber: 0.41g (1.63%), Vitamin B3: 0.32mg (1.61%), Calcium: 16.03mg (1.6%), Vitamin A: 74.95IU (1.5%), Iron: 0.27mg (1.5%), Phosphorus: 14.26mg (1.43%), Potassium: 44mg (1.26%), Vitamin C: 1.01mg (1.22%)