



Sour Cream Banana Bread

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas ripe
- ☐ 9 oz bread flour
- ☐ 2 large eggs
- ☐ 1 cup granulated sugar
- ☐ 0.4 teaspoon salt salted (omit if using butter)
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 4 ounces butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts toasted chopped

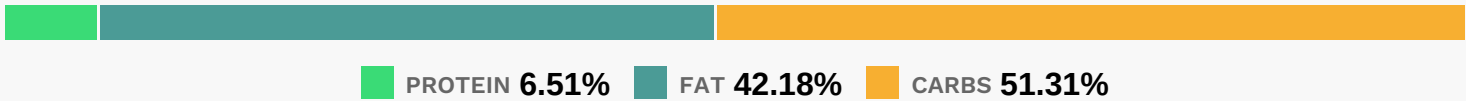
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ loaf pan

Directions

- ☐ Preheat the oven to 350 degrees F. Grease and flour a 9×5 inch loaf pan.In a large mixing bowl, beat the butter and sugar until creamy. Beat in the vanilla, salt and bananas and beat until smooth.With mixer on low speed, beat in the eggs and sour cream.In a second bowl, thoroughly stir together the flour, baking powder and baking soda.
- ☐ Add to the batter and stir by hand until mixed. Stir in the nuts.
- ☐ Pour into the pan and bake for 55 minutes to an hour.

Nutrition Facts



Properties

Glycemic Index:29.49, Glycemic Load:24.37, Inflammation Score:-3, Nutrition Score:5.4965217424476%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 294.06kcal (14.7%), Fat: 14.1g (21.7%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 37.17g (13.51%), Sugar: 20g (22.22%), Cholesterol: 57.31mg (19.1%), Sodium: 179.66mg (7.81%),

Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 4.9g (9.8%), Manganese: 0.4mg (20.07%), Selenium: 12.02µg (17.17%), Phosphorus: 83.19mg (8.32%), Copper: 0.14mg (7.23%), Vitamin A: 360.67IU (7.21%), Vitamin B6: 0.14mg (6.79%), Calcium: 65.13mg (6.51%), Vitamin B2: 0.1mg (5.74%), Fiber: 1.43g (5.71%), Magnesium: 21.51mg (5.38%), Folate: 21.11µg (5.28%), Potassium: 150.65mg (4.3%), Vitamin B5: 0.37mg (3.67%), Iron: 0.63mg (3.49%), Zinc: 0.52mg (3.43%), Vitamin E: 0.49mg (3.26%), Vitamin B1: 0.05mg (3.1%), Vitamin C: 2.12mg (2.57%), Vitamin B3: 0.44mg (2.19%), Vitamin D: 0.31µg (2.06%), Vitamin B12: 0.11µg (1.84%), Vitamin K: 1.15µg (1.1%)