



Special Banana Bread

 Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons baking soda
- 6 bananas very ripe mashed
- 4 eggs
- 2.3 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg freshly grated
- 1 teaspoon salt

- 1 cup shortening
- 1 cup walnuts chopped
- 2 cups sugar white

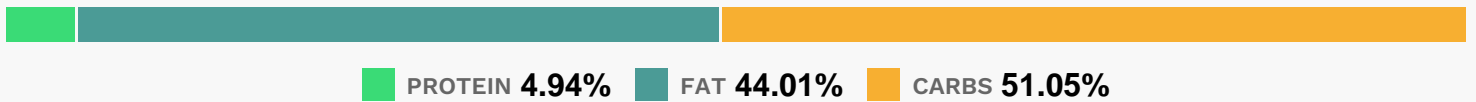
Equipment

- oven
- loaf pan
- skewers

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray two 9x5 inch loaf pans with non-stick cooking spray.
- Cream the shortening and sugar until light. Beat in the eggs one at a time.
- Sift together the flour, salt, baking soda, cinnamon, cloves, and nutmeg.
- Add to the shortening mixture and mix to combine.
- Thoroughly mash the bananas. Stir bananas into the batter then stir in the walnuts.
- Pour the batter into the prepared pans.
- Bake at 350 degrees F (175 degrees C) for 45 minutes to 1 hour or until a wooden skewer inserted near the center comes out clean. Check with a wooden skewer every 15 minutes after 45 minutes of baking. It can take up to 65 to 70 minutes to cook.

Nutrition Facts



Properties

Glycemic Index:18.43, Glycemic Load:32.18, Inflammation Score:-3, Nutrition Score:7.9856521720472%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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

Nutrients (% of daily need)

Calories: 378.05kcal (18.9%), Fat: 19.09g (29.37%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 47.51g (17.28%), Sugar: 30.67g (34.08%), Cholesterol: 40.92mg (13.64%), Sodium: 299.86mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Manganese: 0.62mg (30.8%), Selenium: 10.31µg (14.72%), Folate: 53.5µg (13.37%), Vitamin B1: 0.18mg (12.29%), Vitamin B6: 0.23mg (11.47%), Vitamin B2: 0.19mg (10.92%), Copper: 0.19mg (9.42%), Fiber: 2.32g (9.26%), Iron: 1.4mg (7.77%), Phosphorus: 76.36mg (7.64%), Magnesium: 29.39mg (7.35%), Vitamin K: 7.58µg (7.22%), Vitamin B3: 1.43mg (7.15%), Vitamin E: 1.02mg (6.82%), Potassium: 227.97mg (6.51%), Vitamin B5: 0.52mg (5.24%), Vitamin C: 3.96mg (4.8%), Zinc: 0.57mg (3.8%), Calcium: 22.17mg (2.22%), Vitamin A: 90.25IU (1.8%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)