



Spiced Banana Bread

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 bananas very ripe
- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon cinnamon
- ☐ 2 eggs
- ☐ 2 cups flour
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

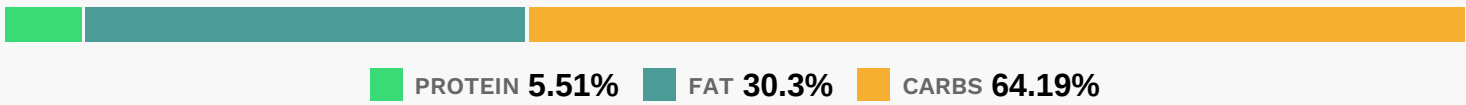
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8x3 inch loaf pans.
- ☐ Whisk together the flour, baking powder, and baking soda; set aside.
- ☐ Mash the bananas, eggs, sugar, cinnamon, salt, nutmeg, and cloves together in a large bowl with a fork until well combined. Stir in the melted butter and vanilla extract, then fold in the flour mixture until a batter forms and no dry lumps remain.
- ☐ Pour into the prepared loaf pans.
- ☐ Bake in preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes. Cool in the pan for 10 minutes, then remove from the pan, and allow to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:52.11, Glycemic Load:41.46, Inflammation Score:-5, Nutrition Score:9.0291304173677%

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: 383.25kcal (19.16%), Fat: 13.19g (20.29%), Saturated Fat: 7.79g (48.67%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 60.3g (21.93%), Sugar: 32.39g (35.99%), Cholesterol: 71.42mg (23.81%), Sodium: 470.22mg (20.44%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.4g (10.8%), Manganese: 0.46mg (23.15%), Selenium: 14.87µg (21.24%), Folate: 74.71µg (18.68%), Vitamin B1: 0.27mg (17.96%), Vitamin B2: 0.26mg (15.18%), Vitamin B6: 0.25mg (12.52%), Vitamin B3: 2.26mg (11.3%), Iron: 1.93mg (10.71%), Fiber: 2.56g (10.24%), Vitamin A: 452.67IU (9.05%), Phosphorus: 88.87mg (8.89%), Potassium: 266.82mg (7.62%), Calcium: 64.8mg (6.48%), Magnesium: 25.22mg (6.3%), Vitamin C: 5.15mg (6.24%), Vitamin B5: 0.52mg (5.2%), Copper: 0.1mg (5.18%), Vitamin E: 0.53mg (3.56%), Zinc: 0.47mg (3.16%), Vitamin B12: 0.12µg (2.03%), Vitamin K: 1.58µg (1.51%), Vitamin D: 0.22µg (1.47%)