



WHATSheATE



Strawberry-Brown Butter Banana Bread



Vegetarian

READY IN



100 min.

SERVINGS



1

CALORIES



3363 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients



0.5 cup butter unsalted



1.3 cups sugar



2 eggs



1.5 cups banana very ripe mashed (3 medium)



0.5 cup buttermilk



1 teaspoon vanilla



2.5 cups unbleached flour all-purpose



1 teaspoon baking soda

- ☐ 1 teaspoon salt
- ☐ 1 cup strawberries sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Grease or spray bottom only of 9x5-inch loaf pan.
- ☐ In 1-quart saucepan, heat butter over medium heat, stirring occasionally, until golden brown.
- ☐ Remove from heat; pour through strainer into small bowl to remove blackened bits.
- ☐ In large bowl, beat butter and sugar with electric mixer on medium speed 2 minutes. Stir in eggs until combined.
- ☐ Add bananas, buttermilk and vanilla; stir until smooth.
- ☐ Add flour, baking soda and salt; stir until just combined. Fold in strawberries.
- ☐ Pour into pan.
- ☐ Bake 1 hour 15 minutes or until toothpick inserted in center comes out clean. (Cover loosely with foil if top is browning too quickly.)
- ☐ Cool in pan 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely before slicing.

Nutrition Facts

PROTEIN 6.66% FAT 29.43% CARBS 63.91%

Properties

Glycemic Index:262.87, Glycemic Load:351.34, Inflammation Score:-10, Nutrition Score:49.288260625756%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 18.2mg, Catechin: 18.2mg, Catechin: 18.2mg, Catechin: 18.2mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 3362.51kcal (168.13%), Fat: 111.57g (171.64%), Saturated Fat: 64.37g (402.33%), Carbohydrates: 545.08g (181.69%), Net Carbohydrates: 528.85g (192.31%), Sugar: 291.72g (324.13%), Cholesterol: 584.59mg (194.86%), Sodium: 3696.13mg (160.7%), Alcohol: 1.38g (100%), Alcohol %: 0.14% (100%), Protein: 56.76g (113.52%), Selenium: 160.99µg (229.99%), Manganese: 3.7mg (184.88%), Vitamin C: 104.25mg (126.36%), Vitamin A: 3677.09IU (73.54%), Phosphorus: 690.91mg (69.09%), Fiber: 16.23g (64.92%), Vitamin B2: 1.08mg (63.64%), Vitamin B6: 1.21mg (60.32%), Folate: 233.45µg (58.36%), Potassium: 1660.4mg (47.44%), Copper: 0.95mg (47.35%), Magnesium: 182.96mg (45.74%), Vitamin B5: 4.23mg (42.32%), Vitamin E: 5.53mg (36.89%), Vitamin D: 5.02µg (33.48%), Zinc: 4.92mg (32.83%), Iron: 5.74mg (31.87%), Vitamin B1: 0.45mg (30.14%), Calcium: 300.07mg (30.01%), Vitamin B3: 5.42mg (27.08%), Vitamin B12: 1.53µg (25.47%), Vitamin K: 13.8µg (13.14%)