



## Strawberry Greek Yogurt Banana Bread

 Vegetarian  Popular

READY IN



70 min.

SERVINGS



8

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup brown sugar
- 2 eggs
- 1.8 cups flour all-purpose
- 0.5 cup greek yogurt
- 3 large over-ripe bananas mashed ()
- 0.5 teaspoon salt

- 1 cup strawberries sliced
- 1 teaspoon vanilla extract

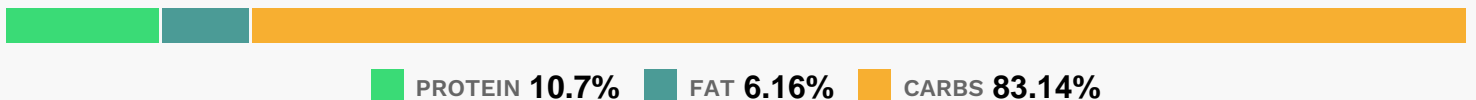
## Equipment

- bowl
- oven
- loaf pan
- toothpicks

## Directions

- Mix the flour, baking powder, baking soda and salt in a large bowl.
- Mix brown sugar, bananas, eggs, vanilla extract, yogurt and strawberries in another large bowl.
- Mix the dry ingredients into the wet ingredients.
- Pour the mixture into a greased 9x5 inch loaf pan.
- Bake in a preheated 350F oven until golden brown and a toothpick poked into the center comes out clean, about 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.72, Glycemic Load:21.27, Inflammation Score:-4, Nutrition Score:8.9247825145721%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg, Catechin: 3.67mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 227.99kcal (11.4%), Fat: 1.58g (2.44%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 45.68g (16.61%), Sugar: 21.03g (23.36%), Cholesterol: 41.54mg (13.85%), Sodium: 291.99mg (12.7%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 6.19g (12.38%), Selenium: 14.63µg (20.9%), Manganese: 0.41mg (20.41%), Vitamin C: 15.02mg (18.21%), Folate: 70.74µg (17.69%), Vitamin B1: 0.24mg (16.13%), Vitamin B2: 0.26mg (15.42%), Vitamin B6: 0.24mg (12.01%), Vitamin B3: 2.07mg (10.37%), Iron: 1.83mg (10.17%), Fiber: 2.43g (9.7%), Phosphorus: 95.39mg (9.54%), Potassium: 291.34mg (8.32%), Calcium: 70.5mg (7.05%), Magnesium: 26.26mg (6.56%), Vitamin B5: 0.54mg (5.41%), Copper: 0.1mg (5.24%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.19µg (3.09%), Vitamin A: 94.7IU (1.89%), Vitamin E: 0.24mg (1.58%), Vitamin D: 0.22µg (1.47%)