



Terri's Mom's Banana Nut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda dissolved in 3 drops of hot water
- ☐ 3 large bananas mashed
- ☐ 2 large eggs room temperature
- ☐ 9 ounces flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons milk mixed sour with a little lemon juice

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

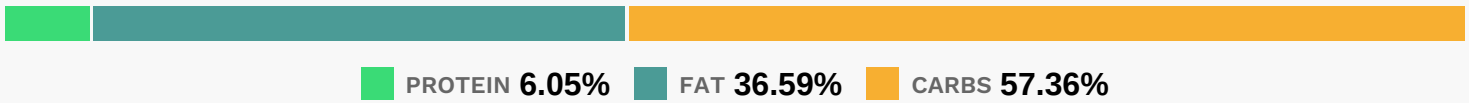
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour a 9×5 inch loaf pan.In a large mixing bowl using an electric mixer, beat the butter and both sugars until creamy. Beat in the vanilla.
- ☐ Add the eggs one at a time, beating until mixed. Beat in the milk, baking soda dissolved in water and the salt. When mixed, beat in the bananas, then stir in the flour. Stir in the pecans.
- ☐ Pour into the pan and bake on center rack for 45 to 50 minutes or until a toothpick inserted in the center comes out with moist crumbs

Nutrition Facts



Properties

Glycemic Index:21.99, Glycemic Load:25.66, Inflammation Score:-5, Nutrition Score:8.3204347983651%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 345.49kcal (17.27%), Fat: 14.39g (22.14%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 48.61g (17.68%), Sugar: 26.06g (28.95%), Cholesterol: 61.58mg (20.53%), Sodium: 276.23mg (12.01%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 5.36g (10.71%), Manganese: 0.5mg (24.82%), Selenium: 12.73µg (18.18%), Folate: 66.63µg (16.66%), Vitamin B1: 0.24mg (15.91%), Vitamin B2: 0.22mg (12.77%), Vitamin B6: 0.22mg (10.82%), Iron: 1.73mg (9.59%), Vitamin B3: 1.87mg (9.37%), Copper: 0.18mg (8.88%), Fiber: 2.16g (8.62%), Phosphorus: 80.12mg (8.01%), Vitamin A: 364.93IU (7.3%), Magnesium: 28.61mg (7.15%), Potassium: 235.78mg (6.74%), Vitamin C: 5.37mg (6.51%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.57mg (3.78%), Vitamin E: 0.47mg (3.15%), Calcium: 29.57mg (2.96%), Vitamin D: 0.37µg (2.47%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.26µg (1.2%)