



The Best Banana Bread

READY IN



95 min.

SERVINGS



10

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup butter unsalted plus more for pan at room temperature (1 stick)
- 1.7 cups flour all-purpose plus more for pan
- 13 ounces banana very ripe peeled mashed
- 0.3 cup cream sour
- 1 teaspoon vanilla extract
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon kosher salt
- 1 cup t brown sugar dark packed ()

- 2 large eggs at room temperature
- 0.5 cup walnuts toasted chopped
- 1 loaf bacon

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- spatula
- cutting board
- butter knife

Directions

- Preheat oven to 350°F. Grease a 9x5-inch loaf pan with butter and dust with flour, tapping out any excess.
- Combine mashed banana, sour cream, and vanilla in a medium bowl. Sift together flour, baking powder, baking soda, and salt in a large bowl.
- Using an electric mixer, beat butter and brown sugar on medium speed in another large bowl until light and fluffy, about 3½ minutes.
- Add eggs one at a time and beat on medium speed until fully combined, about 1 minute each.
- Add banana mixture and beat until just combined, about 30 seconds.
- Add dry ingredients in 2 batches, beating on low after each addition and scraping down sides of bowl if necessary, until fully incorporated, about 20 seconds per batch. Fold in walnuts.
- Transfer batter to prepared loaf pan and smooth top with a spatula.
- Bake, rotating halfway through, until batter is set, top is dark golden brown and starting to crack, sides are starting to pull away from pan, and a tester inserted into center of bread comes out clean, 60–65 minutes. Cool in pan on a wire rack at least 15 minutes. Run a butter

knife around perimeter of pan to loosen loaf, then tap pan gently on its side until loaf releases.

- Transfer to a cutting board or plate and let cool completely before slicing.
- Do Ahead: Banana bread can be baked, cooled, then wrapped in plastic and left at room temperature up to 3 days, or frozen up to 3 months.
- Editor's note: This recipe was originally published March 24, 2015, as Our Favorite Banana Bread Recipe. Head this way for more of our best banana recipes →

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:15.76, Inflammation Score:-4, Nutrition Score:7.84956522609888

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 339.39kcal (16.97%), Fat: 15.45g (23.77%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 45.28g (16.47%), Sugar: 26.34g (29.26%), Cholesterol: 65.09mg (21.7%), Sodium: 239.4mg (10.41%), Alcohol: 0.14g (100%), Alcohol %: 0.15% (100%), Protein: 5g (10%), Manganese: 0.46mg (23.03%), Selenium: 11.43µg (16.33%), Folate: 56.83µg (14.21%), Vitamin B1: 0.2mg (13.42%), Vitamin B2: 0.2mg (11.67%), Vitamin B6: 0.21mg (10.26%), Iron: 1.62mg (8.98%), Phosphorus: 87.8mg (8.78%), Copper: 0.17mg (8.63%), Vitamin B3: 1.59mg (7.97%), Vitamin A: 398.25IU (7.97%), Fiber: 1.91g (7.65%), Magnesium: 27.95mg (6.99%), Potassium: 234.2mg (6.69%), Calcium: 66.72mg (6.67%), Vitamin B5: 0.46mg (4.63%), Vitamin C: 3.33mg (4.04%), Zinc: 0.55mg (3.67%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.37µg (2.47%), Vitamin B12: 0.12µg (2.02%), Vitamin K: 1.32µg (1.25%)