



## Traditional Banana Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 cup granulated sugar
- 8 tablespoons butter unsalted room temperature
- 2 large eggs
- 3 banana ripe
- 1.5 tablespoons milk
- 1 teaspoon ground cinnamon
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder

- 1 teaspoon baking soda
- 1 teaspoon salt

## Equipment

- bowl
- oven
- mixing bowl
- loaf pan
- toothpicks

## Directions

- Preheat your oven to 325 degrees F. Butter a 9x5x3-inch loaf pan.
- Cream the sugar and butter in a large mixing bowl.
- Add the eggs to the sugar mixture, one at a time. Beat well after adding each egg.
- In a small bowl, mash the bananas with a fork.
- Add the milk and cinnamon to the banana mash.
- In another medium-sized bowl, add the flour, baking powder, soda and salt and mix together well.
- Add the banana mixture to the butter mixture. Stir until combined.
- Add the dry ingredients to the banana mixture and stir until well combined.
- Pour the batter into the loaf pan and bake for 1 hour.
- Bread should be done when a toothpick inserted into the center comes out clean.
- Allow to cool on a rack for at least 15 minutes before slicing and serving.

## Nutrition Facts



**PROTEIN 5.82%** **FAT 31.34%** **CARBS 62.84%**

## Properties

Glycemic Index:41.86, Glycemic Load:39.78, Inflammation Score:-5, Nutrition Score:8.4447826086957%

## Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Taste

Sweetness: 100%, Saltiness: 14.63%, Sourness: 12.1%, Bitterness: 10.16%, Savoriness: 11.5%, Fattiness: 57.9%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 370.21kcal (18.51%), Fat: 13.17g (20.26%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 57.28g (20.83%), Sugar: 30.63g (34.03%), Cholesterol: 76.94mg (25.65%), Sodium: 502.19mg (21.83%), Protein: 5.51g (11.01%), Selenium: 15.23µg (21.75%), Manganese: 0.38mg (19.11%), Folate: 72.35µg (18.09%), Vitamin B1: 0.27mg (17.76%), Vitamin B2: 0.26mg (15.14%), Vitamin B3: 2.16mg (10.8%), Iron: 1.88mg (10.43%), Vitamin B6: 0.2mg (10%), Vitamin A: 450.97IU (9.02%), Phosphorus: 85.55mg (8.56%), Fiber: 2.13g (8.51%), Potassium: 218.42mg (6.24%), Magnesium: 21.23mg (5.31%), Calcium: 53.03mg (5.3%), Vitamin B5: 0.5mg (5.03%), Vitamin C: 3.86mg (4.68%), Copper: 0.09mg (4.68%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.49µg (3.27%), Zinc: 0.48mg (3.19%), Vitamin B12: 0.15µg (2.5%), Vitamin K: 1.42µg (1.35%)