



Tropical Banana Quick Bread

READY IN



45 min.

SERVINGS



36

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup banana ripe mashed
- ☐ 3 tablespoons butter
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.3 cup papaya dried diced
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.3 cup coconut or dried sweetened flaked

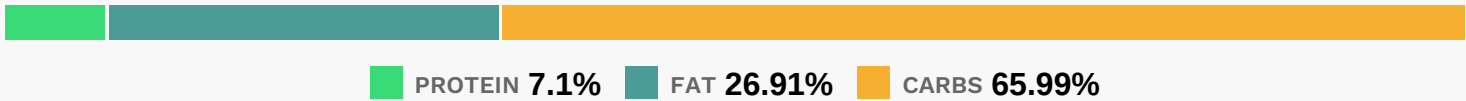
Equipment

- ☐ frying pan
- ☐ bread machine

Directions

- ☐ Toast coconut in an 8-to 9-inch frying pan over medium heat, stirring.
- ☐ Add ingredients to bread machine pan according to manufacturer's directions, adding coconut last.
- ☐ Select quick-bread cycle.
- ☐ Remove baked loaf from pan at once. Cool on a rack at least 15 minutes before slicing.
- ☐ Serve hot,warm, or cool.
- ☐ To make a 2-pound loaf, use 1/2 cup sweetened flaked dried coconut, 1/2 cup milk, 1 large egg, 1/4 cup (1/8 lb.) butter or margarine, 3/4 cup mashed ripe banana, 2 cups all-purpose floor, 1 teaspoon baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 3/4 cup sugar, and 1/2 cup diced dried papaya.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:1.2395652173006%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg

Nutrients (% of daily need)

Calories: 47.43kcal (2.37%), Fat: 1.43g (2.21%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 7.62g (2.77%), Sugar: 3.55g (3.94%), Cholesterol: 5.44mg (1.81%), Sodium: 65.06mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Selenium: 2.41µg (3.44%), Vitamin B1: 0.04mg (2.93%), Folate: 11.12µg (2.78%), Manganese: 0.05mg (2.49%), Vitamin B2: 0.04mg (2.24%), Vitamin B3: 0.34mg

(1.68%), Iron: 0.3mg (1.65%), Phosphorus: 14.13mg (1.41%), Vitamin A: 66.54IU (1.33%), Fiber: 0.29g (1.18%), Vitamin C: 0.97mg (1.18%), Calcium: 10.08mg (1.01%)