



Vegan Banana Bread



Dairy Free



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



408 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.3 teaspoon allspice
- ☐ 1 teaspoon apple cider vinegar
- ☐ 0.5 teaspoon baking soda
- ☐ 3 medium bananas mashed well
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter at room temperature (I used Becel Vegan Spread)
- ☐ 0.3 cup non dairy milk (I used Almond)

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Combine together the non dairy milk and apple cider vinegar; set aside. Preaheat the oven at 350F/180C for 15 minutes. Line an 8Ã—4 inch loaf pan with parchment paper and lightly grease it with non stick cooking spray. In a large combine together the flour, baking soda, salt and spice. In another bowl, cream together the margarine and sugars. Then add the bananas, vanilla and milk-vinegar mixture.
- ☐ Add the wet ingredients to the flour mixture.
- ☐ Mix in the nuts and stir until just combined.
- ☐ Pour the batter in the prepared loaf pan and bake for about 60-70 minutes or until a toothpick inserted in the center of the bread comes out clean. Mine was done shortly after 60 minutes.
- ☐ Remove the pan from the oven and place it on a cooling rack for about 15 minutes. Then transfer the bread from the pan to the rack and let it cool completely before slicing (preferably overnight).

Nutrition Facts



 **PROTEIN 4.97%**  **FAT 36.27%**  **CARBS 58.76%**

Properties

Glycemic Index:38.54, Glycemic Load:31.06, Inflammation Score:-6, Nutrition Score:9.2278260381325%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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

Nutrients (% of daily need)

Calories: 408.39kcal (20.42%), Fat: 16.83g (25.9%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 58.85g (21.4%), Sugar: 31.74g (35.27%), Cholesterol: 0mg (0%), Sodium: 356.53mg (15.5%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 5.19g (10.37%), Manganese: 0.6mg (29.82%), Vitamin B1: 0.29mg (19.34%), Folate: 75.87µg (18.97%), Selenium: 11.81µg (16.87%), Vitamin B2: 0.22mg (12.97%), Vitamin B3: 2.49mg (12.43%), Vitamin B6: 0.24mg (11.99%), Vitamin A: 566.59IU (11.33%), Iron: 1.93mg (10.7%), Copper: 0.21mg (10.65%), Fiber: 2.53g (10.11%), Magnesium: 32.22mg (8.05%), Potassium: 260.87mg (7.45%), Phosphorus: 72.75mg (7.28%), Vitamin C: 4.53mg (5.49%), Vitamin E: 0.74mg (4.93%), Calcium: 40.79mg (4.08%), Zinc: 0.54mg (3.57%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.09µg (1.56%)