



Whole-Grain Banana Bread

READY IN



155 min.

SERVINGS



24

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.3 cups sugar
- 2 tablespoons butter softened
- 3 egg whites
- 1.5 cups banana ripe mashed (3 to 4 medium)
- 0.7 cup yogurt plain fat free yoplait® (from 2-lb container)
- 1 teaspoon vanilla
- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon salt

- 1 teaspoon ground cinnamon
- 1.5 cups corn flakes/bran flakes whole crushed grain total®

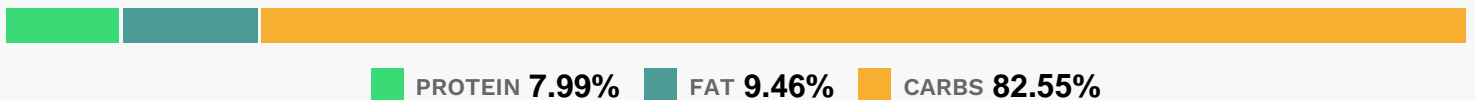
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Move oven rack to low position so that tops of pans will be in center of oven.
- Heat oven to 350°F. Grease bottoms only of two 8x4-inch loaf pans or one 9x5-inch loaf pan with shortening.
- In large bowl, mix sugar and margarine. Stir in eggs whites until well blended.
- Add bananas, yogurt and vanilla; beat until smooth. Stir in remaining ingredients except cereal just until moistened. Stir in cereal.
- Pour into pans.
- Bake 8-inch loaves about 1 hour, 9-inch loaf about 1 hour 15 minutes, or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:15.18, Inflammation Score:-2, Nutrition Score:3.8352174020332%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 109.4kcal (5.47%), Fat: 1.18g (1.81%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 22.1g (8.03%), Sugar: 12.6g (14.01%), Cholesterol: 0.14mg (0.05%), Sodium: 178.89mg (7.78%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.24g (4.48%), Manganese: 0.2mg (10.1%), Folate: 38.6µg (9.65%), Selenium: 6µg (8.57%), Vitamin B1: 0.12mg (8.05%), Vitamin B2: 0.13mg (7.55%), Iron: 1.23mg (6.83%), Vitamin B3: 1.11mg (5.55%), Vitamin B6: 0.09mg (4.28%), Fiber: 1.03g (4.11%), Phosphorus: 36.12mg (3.61%), Magnesium: 12.36mg (3.09%), Vitamin B12: 0.17µg (2.85%), Potassium: 82.82mg (2.37%), Vitamin A: 110.95IU (2.22%), Copper: 0.04mg (1.9%), Zinc: 0.28mg (1.88%), Calcium: 18.3mg (1.83%), Vitamin B5: 0.15mg (1.51%), Vitamin C: 0.88mg (1.07%)