



Whole Grain Healthy Banana Bread

 Vegetarian

READY IN



75 min.

SERVINGS



10

CALORIES



276 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 5 bananas ripe mashed
- 2 teaspoons egg whites
- 0.8 cup flax seed meal
- 0.3 cup heavy whipping cream sour low-fat
- 0.5 teaspoon salt
- 0.3 cup skim milk
- 0.8 cup splenda® sugar blend

2 cups flour whole wheat

Equipment

bowl

oven

loaf pan

toothpicks

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease and a 9x5 inch loaf pan.

In a medium bowl, mix together the sugar blend, flax meal, bananas, milk, sour cream and egg whites until well blended.

Combine the flour, baking soda and salt; stir into the banana mixture until moistened. Spoon into prepared loaf pan.

Bake for 1 hour and 10 minutes in the preheated oven, or until a toothpick inserted into the crown of the loaf comes out clean.

Nutrition Facts



PROTEIN 9.39% **FAT 20.96%** **CARBS 69.65%**

Properties

Glycemic Index:12, Glycemic Load:6.69, Inflammation Score:-5, Nutrition Score:13.303478396457%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 276.11kcal (13.81%), Fat: 6.47g (9.96%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 41.03g (14.92%), Sugar: 21.31g (23.68%), Cholesterol: 2.2mg (0.73%), Sodium: 239.3mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 1.43mg (71.69%), Fiber: 7.38g (29.51%), Selenium: 18.97µg (27.1%), Magnesium: 97.27mg (24.32%), Vitamin B1: 0.34mg (22.76%), Vitamin B6:

0.38mg (18.79%), Phosphorus: 186.48mg (18.65%), Copper: 0.29mg (14.61%), Potassium: 419.95mg (12%), Vitamin B3: 1.96mg (9.82%), Iron: 1.71mg (9.5%), Zinc: 1.29mg (8.6%), Folate: 33.59µg (8.4%), Vitamin B2: 0.12mg (7.13%), Vitamin C: 5.26mg (6.37%), Calcium: 58.04mg (5.8%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.28mg (1.89%), Vitamin A: 71.28IU (1.43%), Vitamin K: 1.3µg (1.23%), Vitamin B12: 0.06µg (1.01%)