



## Whole Wheat-Banana Bread

 Vegetarian  Dairy Free

READY IN



195 min.

SERVINGS



32

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups flour whole wheat
- 1 cup flour all-purpose
- 1.8 cups sugar
- 2 cups banana very ripe mashed ( 4 medium)
- 0.5 cup nuts coarsely chopped
- 0.7 cup vegetable oil
- 2 teaspoons baking soda
- 1 teaspoon salt

- 0.5 teaspoon double-acting baking powder
- 4 eggs

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Grease bottoms only of 2 (9x5- or 8x4-inch) loaf pans with shortening or cooking spray.
- In large bowl, beat all ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 45 seconds, scraping bowl frequently.
- Pour batter into pans.
- Bake 55 to 65 minutes or until toothpick inserted halfway between center and edge of pan comes out clean. Cool 10 minutes. Loosen sides of loaves from pans.
- Remove from pans to cooling rack. Cool completely, about 2 hours, before slicing.

## Nutrition Facts



**PROTEIN 8.29%** **FAT 20.84%** **CARBS 70.87%**

## Properties

Glycemic Index:10.05, Glycemic Load:10.95, Inflammation Score:-1, Nutrition Score:3.9439130269963%

## 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: 119.46kcal (5.97%), Fat: 2.88g (4.43%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 20.68g (7.52%), Sugar: 12.12g (13.47%), Cholesterol: 20.46mg (6.82%), Sodium: 156.21mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Manganese: 0.4mg (20.14%), Selenium: 7.81µg (11.15%), Phosphorus: 55.1mg (5.51%), Fiber: 1.35g (5.42%), Vitamin B1: 0.08mg (5.19%), Magnesium: 19.41mg (4.85%), Vitamin B2: 0.07mg (4.13%), Vitamin B6: 0.08mg (4.13%), Folate: 16.03µg (4.01%), Vitamin B3: 0.77mg (3.87%), Copper: 0.08mg (3.86%), Iron: 0.67mg (3.71%), Zinc: 0.39mg (2.63%), Potassium: 86.24mg (2.46%), Vitamin B5: 0.21mg (2.05%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.2mg (1.31%), Calcium: 12.09mg (1.21%)