



Whole Wheat Banana Nut Bread



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 2 eggs
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup walnuts chopped

- ☐ 0.3 cup water hot
- ☐ 1.8 cups flour whole wheat

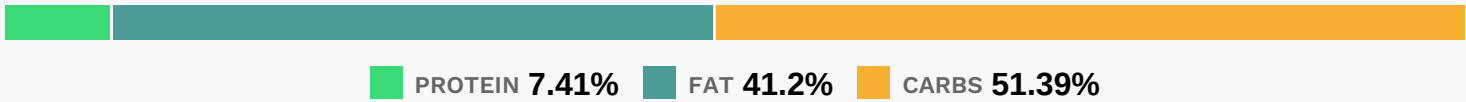
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a large bowl, beat oil and honey together.
- ☐ Add eggs, and mix well. Stir in bananas and vanilla. Stir in flour and salt.
- ☐ Add baking soda to hot water, stir to mix, and then add to batter. Blend in chopped nuts.
- ☐ Spread batter into a greased 9x5 inch loaf pan.
- ☐ Bake for 55 to 60 minutes. Cool on wire rack for 1/2 hour before slicing.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:16.42, Inflammation Score:-4, Nutrition Score:15.62521734445%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 431.98kcal (21.6%), Fat: 20.86g (32.1%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 53.11g (19.31%), Sugar: 28.3g (31.45%), Cholesterol: 54.56mg (18.19%), Sodium: 399.97mg (17.39%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 8.45g (16.89%), Manganese: 1.89mg (94.32%), Selenium:

27.21µg (38.88%), Vitamin K: 23.43µg (22.32%), Fiber: 5.43g (21.72%), Phosphorus: 197.15mg (19.71%), Magnesium: 75.99mg (19%), Vitamin B6: 0.36mg (18.22%), Copper: 0.35mg (17.54%), Vitamin B1: 0.23mg (15.1%), Iron: 2.02mg (11.23%), Vitamin B3: 2.14mg (10.71%), Vitamin B2: 0.18mg (10.48%), Zinc: 1.52mg (10.14%), Vitamin E: 1.5mg (9.99%), Folate: 39.91µg (9.98%), Potassium: 340.25mg (9.72%), Vitamin B5: 0.64mg (6.36%), Vitamin C: 3.53mg (4.28%), Calcium: 33.73mg (3.37%), Vitamin B12: 0.13µg (2.18%), Vitamin A: 108.3IU (2.17%), Vitamin D: 0.29µg (1.96%)