

Banana Molasses Bread

Mrs. Heidel Brown

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

3 ripe bananas
1 egg, unbeaten
2/3 cup sugar
2 tablespoons light molasses
2 tablespoons melted shortening
2 cups sifted flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup chopped walnuts

Preheat the oven to 325 degrees.

Mash the bananas until no lumps remain. Add the unbeaten egg. Mix well.

Beat in the sugar, molasses and shortening.

In a bowl, mix and sift the flour, baking powder, baking soda and salt. Add to the banana-egg mixture. Stir in the walnuts. Pour the batter into a greased 9x5x3-inch loaf pan.

Bake for about one hour.

Banana bread is like all quick breads and muffins. It doesn't like beating. Once you begin to add the dry ingredients, stir, but do not beat. Stir only enough to blend. The mixture will reward you.

Per Serving (excluding unknown items): 2292 Calories; 78g Fat (29.8% calories from fat); 60g Protein; 352g Carbohydrate; 12g Dietary Fiber; 212mg Cholesterol; 1646mg Sodium. Exchanges: 12 1/2 Grain(Starch); 4 1/2 Lean Meat; 12 1/2 Fat; 11 Other Carbohydrates.

Miscellaneous

Per Serving Nutritional Analysis

Calories (kcal):	2292
% Calories from Fat:	29.8%
% Calories from Carbohydrates:	59.9%
% Calories from Protein:	10.3%
Total Fat (g):	78g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	49g
Cholesterol (mg):	212mg
Carbohydrate (g):	352g
	12g

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	2.1mg
Riboflavin B2 (mg):	1.5mg
Folacin (mcg):	166mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0 0%

Food Exchanges

12 1/2

Dietary Fiber (g):
Protein (g): 60g
Sodium (mg): 1646mg
Potassium (mg): 1572mg
Calcium (mg): 496mg
Iron (mg): 18mg
Zinc (mg): 7mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 614IU
Vitamin A (r.e.): 107 1/2RE

Grain (Starch):
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 12 1/2
Other Carbohydrates: 11

Nutrition Facts

Amount Per Serving

Calories 2292 **Calories from Fat:** 684

% Daily Values*

Total Fat 78g	120%
Saturated Fat 6g	32%
Cholesterol 212mg	71%
Sodium 1646mg	69%
Total Carbohydrates 352g	117%
Dietary Fiber 12g	50%
Protein 60g	
<hr/>	
Vitamin A	12%
Vitamin C	7%
Calcium	50%
Iron	100%

* Percent Daily Values are based on a 2000 calorie diet.