

Pumpkin-Pecan Banana Bread

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Servings: 16

1 cup all-purpose flour
1 cup whole wheat flour
1 1/2 teaspoons baking powder
1 teaspoon pumpkin pie spice OR
apple pie spice OR ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup mashed ripe bananas
1/3 cup chopped pecans
1/2 cup canned pumpkin
1/2 cup refrigerated or frozen egg
product (thawed) OR four egg whites
(lightly beaten)
1/2 cup packed brown sugar
1/2 cup canola oil
1/4 cup agave nectar or honey

Preparation Time: 25 minutes

Bake: 50 minutes

Preheat the oven to 350 degrees. Grease the bottom and 1/2-inch up the sides of one 9x5x3-inch loaf pan. Set aside.

In a large bowl, combine the flours, baking powder, pie spice, baking soda and salt. Make a well in the center of the flour mixture. Set aside.

In a medium bowl, whisk together the mashed bananas, pumpkin, pecans, egg product, brown sugar, oil and agave. Add the banana mixture all at once to the flour mixture. Stir just until moistened. (The batter should be lumpy.) Spoon the batter into the prepared pan.

Bake for 50 to 55 minutes or until a wooden toothpick inserted into the center comes out clean. (If necessary, cover loosely with foil for the last 10 minutes to prevent overbrowning.)

Cool in the pan on a wire rack for 10 minutes. Remove from the pan. Cool completely on a wire rack. Wrap and store overnight before slicing.

Per Serving (excluding unknown items): 159 Calories; 9g Fat (47.8% calories from fat); 2g Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 122mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

Miscellaneous

Calories (kcal): 159
% Calories from Fat: 47.8%
% Calories from Carbohydrates: 47.0%
% Calories from Protein: 5.1%
Total Fat (g): 9g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 0mg
Carbohydrate (g): 19g
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 122mg
Potassium (mg): 88mg
Calcium (mg): 38mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 1692IU
Vitamin A (r.e.): 169RE

Vitamin B6 (mg): trace
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 16mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 159 **Calories from Fat:** 76

% Daily Values*

Total Fat	9g		13%
	Saturated Fat	1g	3%
Cholesterol	0mg		0%
Sodium	122mg		5%
Total Carbohydrates	19g		6%
	Dietary Fiber	2g	6%
Protein	2g		
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Vitamin A			34%
Vitamin C			1%
Calcium			4%
Iron			5%

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