

Hungarian Banana Bread with Wall Nuts

1/4 cup	butter, softened	1/2 cup	whole wheat flour
1/4 cup	applesauce, unsweetened	1 1/2 cups	all-purpose flour
1 cup	sugar	1 tsp	soda
2 large	eggs	1/2 tsp	salt
2 medium	mashed ripe bananas	1 1/2 cup	chopped walnuts
1/4 cup	buttermilk baking mix	1 1/2 cup	chopped almonds
1 tsp	vanilla		Salt to taste

- 1 Preheat oven to 350
- 2 In a large mixing bowl, cream butter, applesauce, and sugar
- 3 Beat in eggs one at a time
- 4 Stir in banana, buttermilk, and vanilla
- 5 Add dry ingredients and the nuts
- 6 Stir just until well combined
- 7 Pour into a 9 x 5 greased loaf pan
- 8 Sprinkle remaining nuts on top of batter
- 9 Bake 50 to 60 minutes or until a toothpick inserted in center comes out clean
- 10 Remove from pan and cool completely before slicing

Servings: 8

Yield: 8

Oven Temperature: 350°F

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 55 minutes

Total Time: 1 hour and 15 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.



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Amount Per Serving	
Calories	616.69
Calories From Fat (49%)	304.77
% Daily Value	
Total Fat 36.05g	55%
Saturated Fat 6.82g	34%
Cholesterol 61.75mg	21%
Sodium 375.88mg	16%
Potassium 393.76mg	11%
Total Carbohydrates 67.02g	22%
Fiber 5.03g	20%
Sugar 31.68g	
Protein 12.31g	25%

<http://www.hungariancooking.com/>