

BANANA BREAD

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
258 cal	33 g	6 g	12 g	37 mg	140 mg	64 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SHORTENING	1 lbs	1-1/8 cup	
SUGAR, GRANULATED	2-2/3 lbs	1 qts 2 cup	
EGGS, WHOLE, FROZEN	1-7/8 lbs	3-1/2 cup	
APPLESAUCE, CANNED, SWEETENED		1 cup	
BANANA, FRESH, MASHED	5-1/4 lbs	2 qts 2-5/8 cup	8-1/8 lbs
NUTS, UNSALTED, CHOPPED, COARSELY	2-5/8 lbs	2 qts	
FLOUR, WHEAT, GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
BAKING POWDER	2-2/3 oz	1/4 cup 2 tbsp	
SALT	3/8 oz	1/3 tsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Cream shortening and sugar in mixer bowl at medium speed 2 minutes until light and fluffy.
- 2 Add eggs and applesauce to mixture. Mix at medium speed 1 minute.
- 3 Add bananas and nuts to egg mixture. Mix at medium speed until blended.
- 4 Sift together flour, baking powder and salt.
- 5 Add dry ingredients to banana mixture; beat at low speed about 1/2 minute. Continue beating 1/2 minute longer or until blended.
DO NOT OVER MIX.
- 6 Lightly spray each pan with non-stick cooking spray. Pour about 2 quarts of batter into each sprayed and floured loaf pan. Spread batter evenly.
- 7 Using a convection oven, bake at 325 F. for 70 to 75 minutes or until done on low fan, open vent.
- 8 Let bread cool in pans 5 minutes; then remove from pan and place on wire rack to cool completely. To enhance flavor and moistness, product may be prepared in advance. CCP: Refrigerate at 41 F. or lower overnight.