



Bacon Banana Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



144 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.3 cups banana mashed
- ☐ 0.5 pound bacon crisp cooked chopped
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose sifted
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.3 cups sugar
- ☐ 0.5 cup butter unsalted (1 stick)

- ☐ 1 teaspoon vanilla extract

Equipment


- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
- ☐ In a large mixing bowl, sift together the flour, baking powder, baking soda, 1/2 teaspoon of the cinnamon, and the salt.
- ☐ In a medium mixing bowl, use a hand mixer to cream together the butter and 1 cup of the sugar. Beat in the eggs, one at a time, until they are fully incorporated. Beat in the vanilla.
- ☐ Add the butter mixture to the flour mixture, then stir in the mashed bananas, beating well after each addition. Fold in the bacon.
- ☐ Stir together the remaining 1/4 cup sugar and the remaining cinnamon.
- ☐ Drop the dough by heaping tablespoons onto the prepared baking sheet 1 inch apart.
- ☐ Sprinkle generously with the cinnamon-sugar and bake for 10 to 12 minutes, until slightly browned. Allow the cookies to cool completely before storing in an airtight container. Cookies will keep for 5 to 7 days.
- ☐ Rock-hard bananas? Ripen them quickly for Bacon Banana Cookies by placing the peeled fruit on a parchment-lined baking sheet and cooking them in a 400°F oven for 10 minutes until they are soft. Next time you make banana bread, try stirring 4 slices cooked and chopped bacon into the batter.
- ☐ From The Whole Hog Cookbook: Chops, Loin, Shoulder, Bacon, and All That Good Stuff by Libbie Summers. © Libbie Summers; photographs © Chia Chong. Published by Rizzoli International Publications, Inc.

Nutrition Facts



 PROTEIN 11.52%  FAT 38.49%  CARBS 49.99%

Properties

Glycemic Index:9.9, Glycemic Load:12.37, Inflammation Score:-1, Nutrition Score:3.4569565640843%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 143.98kcal (7.2%), Fat: 6.19g (9.52%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.59g (6.4%), Sugar: 9.19g (10.21%), Cholesterol: 28.02mg (9.34%), Sodium: 189.3mg (8.23%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 4.17g (8.34%), Selenium: 8.55µg (12.21%), Vitamin B1: 0.13mg (8.52%), Vitamin B3: 1.46mg (7.3%), Phosphorus: 55.47mg (5.55%), Folate: 22.08µg (5.52%), Manganese: 0.11mg (5.5%), Vitamin B2: 0.09mg (5.42%), Vitamin B6: 0.08mg (3.77%), Iron: 0.67mg (3.74%), Zinc: 0.36mg (2.42%), Vitamin A: 119.9IU (2.4%), Potassium: 79.1mg (2.26%), Calcium: 22.28mg (2.23%), Vitamin B5: 0.21mg (2.08%), Fiber: 0.51g (2.03%), Vitamin B12: 0.12µg (1.98%), Magnesium: 7.06mg (1.76%), Copper: 0.03mg (1.61%), Vitamin E: 0.17mg (1.13%), Vitamin D: 0.15µg (1.02%)