



Banana Bars

READY IN



105 min.

SERVINGS



24

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup granulated sugar
- 1 cup banana very ripe mashed (2 medium)
- 0.3 cup vegetable oil
- 2 eggs
- 1 cup flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt

- 3 ounces cream cheese softened
- 0.3 cup butter softened
- 1 teaspoon vanilla
- 2 cups powdered sugar

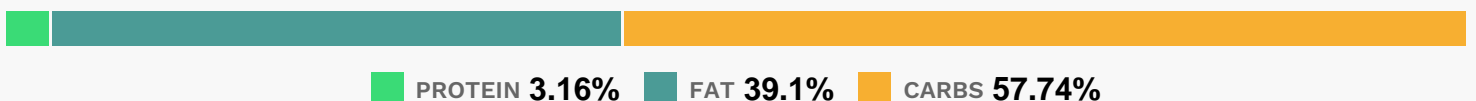
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom and sides of rectangular pan, 13x9x2 inches, with shortening. In large bowl, mix granulated sugar, bananas, oil and eggs with spoon. Stir in flour, baking powder, baking soda, cinnamon and salt.
- Spread in pan.
- Bake bars 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- Meanwhile, in medium bowl, mix cream cheese, butter and vanilla with electric mixer on medium speed until blended. Gradually beat in powdered sugar with spoon, scraping bowl occasionally, until smooth and spreadable.
- Spread cooled bars with Cream Cheese Frosting. For bars, cut into 6 row by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.49, Glycemic Load:9.48, Inflammation Score:-2, Nutrition Score:2.0560869496802%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 163.26kcal (8.16%), Fat: 7.23g (11.13%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.71g (8.62%), Sugar: 19.04g (21.16%), Cholesterol: 17.22mg (5.74%), Sodium: 111.22mg (4.84%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.32g (2.63%), Vitamin K: 5.71µg (5.44%), Selenium: 3.37µg (4.81%), Vitamin A: 184.29IU (3.69%), Vitamin B2: 0.06mg (3.53%), Folate: 12.86µg (3.21%), Manganese: 0.06mg (3.11%), Vitamin B1: 0.05mg (3.03%), Vitamin E: 0.42mg (2.83%), Phosphorus: 22.47mg (2.25%), Iron: 0.36mg (1.99%), Calcium: 17.96mg (1.8%), Vitamin B3: 0.36mg (1.79%), Vitamin B6: 0.03mg (1.69%), Fiber: 0.33g (1.3%), Vitamin B5: 0.12mg (1.23%), Potassium: 39.84mg (1.14%)