



Banana Bread Bars with Brown Butter Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



467 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.8 cups bananas ripe mashed
- 0.5 cup butter
- 4 cups confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 3 tablespoons milk

- 0.8 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 1.5 teaspoons vanilla extract
- 1.5 cups sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 15x10-inch jelly roll pan.
- Beat white sugar, sour cream, 1/2 cup softened butter, and eggs in a bowl with an electric mixer until creamy. Beat in bananas and 2 teaspoons vanilla extract.
- Add flour, baking soda, and salt; mix for 1 minute. Stir walnuts into batter until evenly incorporated.
- Spread batter in prepared pan.
- Bake in the preheated oven until golden, about 27 minutes. Cool.
- Melt 1/2 cup butter in a large saucepan over medium heat until bubbling and golden brown, 3 to 5 minutes.
- Remove from heat.
- Whisk confectioners' sugar, milk, and vanilla extract into melted butter until a smooth frosting consistency is reached.
- Spread frosting over cooled banana bars.

Nutrition Facts



■ PROTEIN 3.35% ■ FAT 23.73% ■ CARBS 72.92%

Properties

Glycemic Index:23.99, Glycemic Load:31.44, Inflammation Score:-4, Nutrition Score:5.6756521567054%

Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 467.1kcal (23.35%), Fat: 12.56g (19.33%), Saturated Fat: 7.15g (44.71%), Carbohydrates: 86.89g (28.96%), Net Carbohydrates: 85.76g (31.18%), Sugar: 67.72g (75.25%), Cholesterol: 59.37mg (19.79%), Sodium: 316.87mg (13.78%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 3.99g (7.97%), Selenium: 10.8µg (15.43%), Vitamin B2: 0.21mg (12.11%), Vitamin B1: 0.18mg (11.98%), Folate: 47.38µg (11.85%), Manganese: 0.21mg (10.48%), Vitamin A: 415.45IU (8.31%), Vitamin B3: 1.41mg (7.04%), Iron: 1.21mg (6.7%), Phosphorus: 62.49mg (6.25%), Vitamin B6: 0.11mg (5.62%), Fiber: 1.13g (4.52%), Potassium: 144.65mg (4.13%), Vitamin B5: 0.37mg (3.66%), Calcium: 35.36mg (3.54%), Magnesium: 13.99mg (3.5%), Copper: 0.06mg (3.04%), Vitamin E: 0.41mg (2.7%), Vitamin C: 2.08mg (2.52%), Zinc: 0.37mg (2.45%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.19µg (1.25%), Vitamin K: 1.15µg (1.1%)