



Banana Bread Bars with Brown Butter Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



499 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
- ☐ 0.5 cup walnuts chopped
- ☐ 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 3.7%**  **FAT 27.74%**  **CARBS 68.56%**

Properties

Glycemic Index:25.66, Glycemic Load:31.51, Inflammation Score:-4, Nutrition Score:6.7795652099278%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 498.98kcal (24.95%), Fat: 15.74g (24.22%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 87.56g (29.19%), Net Carbohydrates: 86.1g (31.31%), Sugar: 67.85g (75.39%), Cholesterol: 59.37mg (19.79%), Sodium: 316.97mg (13.78%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 4.73g (9.45%), Manganese: 0.38mg (18.8%), Selenium: 11.04µg (15.77%), Vitamin B1: 0.2mg (13.09%), Folate: 52.16µg (13.04%), Vitamin B2: 0.21mg (12.54%), Vitamin A: 416.42IU (8.33%), Phosphorus: 79.35mg (7.94%), Iron: 1.35mg (7.49%), Vitamin B3: 1.46mg (7.32%), Vitamin B6: 0.14mg (6.93%), Copper: 0.14mg (6.92%), Fiber: 1.46g (5.83%), Magnesium: 21.69mg (5.42%), Potassium: 166.15mg (4.75%), Calcium: 40.14mg (4.01%), Vitamin B5: 0.39mg (3.93%), Zinc: 0.52mg (3.46%), Vitamin E: 0.44mg (2.93%), Vitamin C: 2.14mg (2.59%), Vitamin B12: 0.14µg (2.36%), Vitamin D: 0.19µg (1.25%), Vitamin K: 1.29µg (1.23%)