



## Banana Bread Lite

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 2 cups baking mix reduced-fat (such as Bisquick)
- 1 cup banana ripe mashed ( 2 medium)
- 8 ounce cream cheese fat-free
- 2 large eggs
- 1 cup sugar
- 0.5 cup walnuts chopped

## Equipment

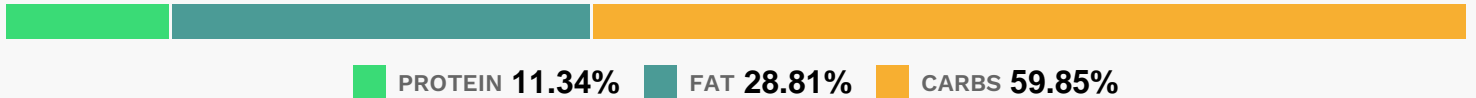
- bowl

- oven
- wire rack
- blender
- loaf pan
- aluminum foil

## Directions

- Preheat oven to 35
- Place sugar and cream cheese in a large bowl; beat with a mixer at medium speed until light and fluffy.
- Add banana and eggs; beat until well blended.
- Add the baking mix and walnuts, and stir just until moist.
- Pour batter into a 9-inch loaf pan coated with cooking spray; bake at 350 for 45 minutes. Tent bread with foil, and bake an additional 15 minutes.or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:9.05, Glycemic Load:9.81, Inflammation Score:-2, Nutrition Score:4.8499999823778%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 168.4kcal (8.42%), Fat: 5.5g (8.46%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 24.91g (9.06%), Sugar: 16.26g (18.07%), Cholesterol: 25.25mg (8.42%), Sodium: 300.07mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Phosphorus: 188.97mg (18.9%), Manganese: 0.21mg (10.29%), Vitamin B2: 0.15mg (8.61%), Calcium: 84.28mg (8.43%), Folate: 32.11µg (8.03%), Vitamin B1: 0.11mg (7.32%), Selenium: 4.09µg (5.84%), Copper: 0.1mg (4.95%), Vitamin B6: 0.08mg (4.16%), Vitamin

B12: 0.25µg (4.15%), Vitamin B3: 0.82mg (4.11%), Vitamin B5: 0.4mg (4%), Magnesium: 15.93mg (3.98%), Iron: 0.69mg (3.83%), Potassium: 122.42mg (3.5%), Zinc: 0.51mg (3.41%), Fiber: 0.8g (3.21%), Vitamin K: 1.17µg (1.11%), Vitamin C: 0.91mg (1.1%)