



## Banana Pecan Loaf

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 medium banana ripe mashed
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 1 cup pineapple canned crushed drained well
- 8 ounces cream cheese softened
- 2 eggs

- 2 cups flour all-purpose
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- In a large bowl, cream butter and sugar until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in bananas.
- Combine the flour, baking powder, baking soda and salt; add to creamed mixture. Fold in pecans.
- Transfer to a greased 9-in. x 5-in. loaf pan.
- Bake at 350° for 50–60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.
- In a small bowl, combine cream cheese and pineapple.
- Serve with bread.

## Nutrition Facts



**PROTEIN 5.62%** **FAT 45.07%** **CARBS 49.31%**

## Properties

Glycemic Index:19.3, Glycemic Load:11.33, Inflammation Score:-4, Nutrition Score:5.9234782664672%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 269.63kcal (13.48%), Fat: 13.85g (21.3%), Saturated Fat: 6.94g (43.39%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 32.58g (11.85%), Sugar: 18.88g (20.98%), Cholesterol: 50.03mg (16.68%), Sodium: 222.58mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Manganese: 0.33mg (16.58%), Selenium: 8.85µg (12.64%), Vitamin B1: 0.17mg (11.53%), Folate: 38.72µg (9.68%), Vitamin B2: 0.16mg (9.47%), Vitamin A: 420.8IU (8.42%), Vitamin B6: 0.13mg (6.47%), Phosphorus: 63.26mg (6.33%), Iron: 1.14mg (6.31%), Fiber: 1.52g (6.07%), Vitamin B3: 1.19mg (5.93%), Copper: 0.11mg (5.47%), Potassium: 174.56mg (4.99%), Magnesium: 19.1mg (4.78%), Calcium: 45.53mg (4.55%), Vitamin C: 3.35mg (4.06%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.46mg (3.09%), Vitamin E: 0.43mg (2.84%), Vitamin B12: 0.09µg (1.54%), Vitamin K: 1.19µg (1.13%)