



Banana-Rum Raisin Mini Loaves

 Dairy Free

READY IN



230 min.

SERVINGS



16

CALORIES



468 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup rum light
- 0.5 cup golden raisins
- 4 bread ()
- 12.3 oz betty delights super carrot cake mix quick
- 0.5 cup coconut milk canned (not cream of coconut)
- 3 tablespoons vegetable oil
- 2 eggs
- 3 tablespoons coconut flakes flaked

- 0.7 cup powdered sugar

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- loaf pan
- toothpicks
- aluminum foil

Directions

- Reserve 2 tablespoons rum. In 1-quart saucepan, heat raisins and remaining rum to boiling over medium-high heat.
- Remove from heat. Cover; let stand 1 hour.
- Heat oven to 375°F. Spray bottoms only of foil loaf pans with cooking spray.
- In medium bowl, stir quick bread mix, raisin-rum mixture, coconut milk, oil and eggs just until moistened.
- Pour into pans.
- Bake 30 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. Run knife around sides of pans to loosen loaves; remove from pans to cooling racks. Cool completely, about 1 hour. Return loaves to pans.
- Heat oven to 350°F.
- Bake coconut in a shallow pan for 5 to 7 minutes, stirring occasionally, until golden brown.
- In small bowl, mix powdered sugar and reserved 2 tablespoons rum.
- Drizzle over tops of loaves; sprinkle with coconut.
- Let stand 1 hour or until glaze is set.

Nutrition Facts



■ PROTEIN **12.08%** ■ FAT **17.56%** ■ CARBS **70.36%**

Properties

Glycemic Index:9.51, Glycemic Load:41.95, Inflammation Score:-7, Nutrition Score:14.640434713467%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 467.73kcal (23.39%), Fat: 8.68g (13.36%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 78.29g (26.1%), Net Carbohydrates: 74.82g (27.21%), Sugar: 21.87g (24.3%), Cholesterol: 20.46mg (6.82%), Sodium: 709.23mg (30.84%), Alcohol: 3.34g (100%), Alcohol %: 2.68% (100%), Protein: 13.44g (26.88%), Vitamin B1: 0.72mg (47.71%), Selenium: 30.99µg (44.27%), Manganese: 0.64mg (31.8%), Folate: 127.01µg (31.75%), Vitamin B2: 0.46mg (27.24%), Iron: 4.8mg (26.66%), Vitamin B3: 4.94mg (24.7%), Fiber: 3.48g (13.91%), Phosphorus: 130.93mg (13.09%), Vitamin A: 618.13IU (12.36%), Copper: 0.2mg (10.11%), Magnesium: 37.86mg (9.47%), Zinc: 1.2mg (7.99%), Calcium: 74.23mg (7.42%), Vitamin B6: 0.14mg (6.82%), Vitamin K: 5.57µg (5.31%), Potassium: 183.51mg (5.24%), Vitamin B5: 0.45mg (4.46%), Vitamin E: 0.5mg (3.31%), Vitamin C: 1.28mg (1.56%)