



Bananas Foster Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



189 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1.5 cups banana ripe mashed
- 1 cup brown sugar divided packed
- 6 tablespoons butter divided melted
- 0.3 cup rum dark divided
- 2 large eggs
- 0.3 cup yogurt plain fat-free
- 1.5 cups flour all-purpose

- 0.1 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.3 cup ground flaxseed
- 0.3 cup powdered sugar
- 0.5 teaspoon salt

Equipment

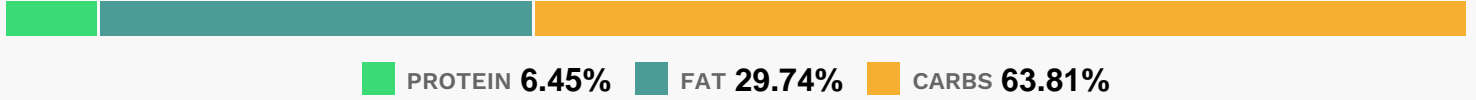
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 35
- Combine banana, 1/2 cup brown sugar, 5 tablespoons butter, and 3 tablespoons cognac in a nonstick skillet. Cook over medium heat until mixture begins to bubble.
- Remove from heat; cool.
- Place banana mixture in a large bowl.
- Add yogurt, remaining 1/2 cup brown sugar, and eggs. Beat with a mixer at medium speed.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 5 ingredients (through allspice) in a small bowl.
- Add flour mixture to banana mixture; beat just until blended.
- Pour batter into a 9 x 5-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean.
- Remove from oven; cool 10 minutes in pan on a wire rack.

- Remove bread from pan; place on wire rack.
- Combine remaining 1 tablespoon melted butter, remaining 1 tablespoon cognac, and powdered sugar; stir until well blended.
- Drizzle over the warm bread.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:8.04, Inflammation Score:-3, Nutrition Score:4.3247826177141%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg 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: 188.79kcal (9.44%), Fat: 6.08g (9.35%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.96g (10.17%), Sugar: 17.99g (19.99%), Cholesterol: 34.64mg (11.55%), Sodium: 175.61mg (7.64%), Alcohol: 1.25g (100%), Alcohol %: 2.43% (100%), Protein: 2.97g (5.93%), Manganese: 0.2mg (10.15%), Selenium: 7.09µg (10.12%), Vitamin B1: 0.14mg (9.52%), Folate: 30.29µg (7.57%), Vitamin B2: 0.12mg (6.77%), Fiber: 1.4g (5.6%), Phosphorus: 54.21mg (5.42%), Iron: 0.95mg (5.26%), Magnesium: 19.3mg (4.82%), Vitamin B3: 0.89mg (4.46%), Vitamin B6: 0.09mg (4.39%), Calcium: 35.97mg (3.6%), Copper: 0.07mg (3.57%), Potassium: 124.97mg (3.57%), Vitamin A: 174.57IU (3.49%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.1µg (1.59%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.22mg (1.45%)