



Biscoff Banana Bread

READY IN



45 min.

SERVINGS



4

CALORIES



1520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 teaspoons baking soda
- ☐ 3 bananas very ripe mashed
- ☐ 1 cup biscoff spread
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

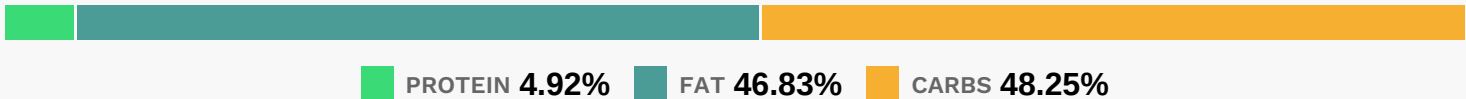
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease four 6×2 inch mini loaf pans.
- ☐ In a large bowl, cream butter and sugar. Blend in eggs, mashed bananas, sour cream, vanilla and cinnamon until smooth.
- ☐ Mix in salt, baking soda, and flour.
- ☐ Mix in the Biscoff spread on low speed, but stop before it is fully incorporated. Stir in chopped pecans if using. Divide into prepared pans.
- ☐ Bake for 25–30 minutes, until a toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:66.22, Glycemic Load:101.1, Inflammation Score:-8, Nutrition Score:25.2347827476%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 7.37mg, Catechin: 7.37mg, Catechin: 7.37mg, Catechin: 7.37mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1519.51kcal (75.98%), Fat: 80.77g (124.26%), Saturated Fat: 28.89g (180.56%), Carbohydrates: 187.23g (62.41%), Net Carbohydrates: 180.15g (65.51%), Sugar: 108.83g (120.92%), Cholesterol: 176.77mg (58.92%), Sodium: 1200.84mg (52.21%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 19.1g (38.21%), Manganese: 2.05mg (102.51%), Vitamin B1: 0.78mg (52.08%), Selenium: 35.39µg (50.56%), Folate: 167.04µg (41.76%), Vitamin B2: 0.67mg (39.39%), Fiber: 7.08g (28.32%), Copper: 0.53mg (26.56%), Phosphorus: 265.34mg (26.53%), Iron: 4.69mg (26.08%), Vitamin B3: 5.15mg (25.76%), Vitamin A: 1259.49IU (25.19%), Vitamin B6: 0.48mg (23.79%), Magnesium: 81.72mg (20.43%), Potassium: 618mg (17.66%), Zinc: 2.38mg (15.84%), Vitamin B5: 1.4mg (14.03%), Calcium: 117.21mg (11.72%), Vitamin E: 1.63mg (10.88%), Vitamin C: 8.54mg (10.35%), Vitamin B12: 0.36µg (6.08%), Vitamin K: 4.68µg (4.46%), Vitamin D: 0.44µg (2.93%)