



Blueberry-Lemon Banana Bread with Cream-Cheese Glaze

READY IN



45 min.

SERVINGS



16

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 1 cup banana ripe mashed (2 bananas)
- 1 cup blueberries fresh
- 0.3 cup butter softened
- 0.5 cup egg substitute
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 1 tablespoon juice of lemon fresh

- 1 tablespoon lemon rind grated
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 3 tablespoons powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 2 teaspoons water

Equipment

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

Directions

- Preheat oven to 35
- To prepare the banana bread, lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour, baking soda, and salt, stirring with a whisk to combine.
- Place granulated sugar and butter in a large bowl, and beat with a mixer at medium speed until mixture is well blended (about 1 minute).
- Add mashed banana, egg substitute, sour cream, and vanilla; beat until blended.
- Add flour mixture; beat at low speed just until moist. Gently fold in blueberries and lemon rind. Spoon batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray.
- Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool the bread 10 minutes in pan on a wire rack; remove the bread from pan. Cool

completely on wire rack.

To prepare glaze, combine cream cheese, powdered sugar, lemon juice, and water, stirring with a whisk until smooth.

Drizzle the glaze over cooled bread.

Nutrition Facts



Properties

Glycemic Index:18.12, Glycemic Load:18.84, Inflammation Score:-2, Nutrition Score:3.9026086848715%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 161.1kcal (8.06%), Fat: 3.64g (5.6%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 30g (10%), Net Carbohydrates: 29.07g (10.57%), Sugar: 16.28g (18.09%), Cholesterol: 9.3mg (3.1%), Sodium: 166.42mg (7.24%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 2.74g (5.48%), Selenium: 8.77µg (12.53%), Vitamin B1: 0.14mg (9.37%), Folate: 33.09µg (8.27%), Manganese: 0.16mg (8.24%), Vitamin B2: 0.13mg (7.47%), Iron: 0.94mg (5.22%), Vitamin B3: 1.04mg (5.21%), Fiber: 0.93g (3.72%), Vitamin C: 2.64mg (3.2%), Phosphorus: 29.84mg (2.98%), Vitamin B6: 0.06mg (2.91%), Vitamin A: 132.47IU (2.65%), Potassium: 86.62mg (2.47%), Vitamin B5: 0.24mg (2.42%), Magnesium: 8.35mg (2.09%), Vitamin K: 2.17µg (2.06%), Copper: 0.04mg (1.97%), Vitamin E: 0.29mg (1.93%), Calcium: 17.24mg (1.72%), Zinc: 0.24mg (1.61%)