



Caramel Macchiato Banana Bread

READY IN



120 min.

SERVINGS



6

CALORIES



498 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas very ripe
- ☐ 6 tablespoons brown sugar packed
- ☐ 0.5 cup caramel macchiato liquid coffee creamer flavored international delight® such as
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons coffee granules instant

- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.7 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x5-inch loaf pan with cooking spray. In a bowl, whisk together flour, baking soda, baking powder, cinnamon, and salt.
- ☐ In a large mixing bowl, mash the bananas with a fork until almost smooth, and stir in the coffee creamer, vegetable oil, eggs, sugar, and instant coffee granules until the coffee granules have dissolved. Gradually stir in the flour mixture, about 1/2 cup at a time, until batter is almost smooth, and pour batter into the prepared loaf pan.
- ☐ Bake in preheated oven until a toothpick inserted into the center of the banana bread comes out clean, about 1 hour. Allow to cool before removing from pan.
- ☐ Melt the unsalted butter in a saucepan over medium heat, and mix in the brown sugar and vanilla extract. Bring the mixture to a boil, stirring to dissolve sugar, and reduce heat to a simmer. Simmer the syrup for 3 minutes, allow to cool to a warm but liquid temperature, and pour the glaze over the banana bread.
- ☐ Serve when glaze has set.

Nutrition Facts



PROTEIN 5.62% **FAT 30.79%** **CARBS 63.59%**

Properties

Glycemic Index:49.48, Glycemic Load:43.7, Inflammation Score:-5, Nutrition Score:10.941739123801%

Flavonoids

Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 498.35kcal (24.92%), Fat: 17.02g (26.19%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 79.13g (26.38%), Net Carbohydrates: 76.73g (27.9%), Sugar: 40.93g (45.47%), Cholesterol: 84.66mg (28.22%), Sodium: 329.44mg (14.32%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 52.33mg (17.44%), Protein: 6.99g (13.98%), Selenium: 19.72µg (28.17%), Manganese: 0.48mg (23.96%), Vitamin B1: 0.35mg (23.2%), Folate: 92.76µg (23.19%), Vitamin B2: 0.32mg (18.64%), Vitamin B3: 3.27mg (16.33%), Iron: 2.57mg (14.28%), Vitamin B6: 0.22mg (10.8%), Phosphorus: 107.66mg (10.77%), Fiber: 2.39g (9.57%), Vitamin A: 458.57IU (9.17%), Potassium: 307.73mg (8.79%), Vitamin K: 8.14µg (7.75%), Magnesium: 30.34mg (7.58%), Calcium: 73.57mg (7.36%), Copper: 0.12mg (5.94%), Vitamin B5: 0.59mg (5.92%), Vitamin E: 0.85mg (5.67%), Vitamin C: 3.95mg (4.79%), Zinc: 0.58mg (3.85%), Vitamin D: 0.5µg (3.36%), Vitamin B12: 0.15µg (2.57%)