



WHATSheATE



Caramelized Banana Bread with Browned Butter Glaze



Vegetarian

READY IN



91 min.

SERVINGS



16

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 3 medium banana ripe sliced
- ☐ 4 tablespoons butter divided softened
- ☐ 3 tablespoons canola oil
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 0.5 cup nonfat buttermilk fat-free

- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons half and half
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons rum
- ☐ 0.5 teaspoon salt

Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Melt 3 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add brown sugar and bananas; saut 4 minutes, stirring occasionally.
- ☐ Remove from heat; cool 10 minutes.
- ☐ Place banana mixture in a large bowl. Beat with a mixer at medium speed until smooth.
- ☐ Combine buttermilk and next 3 ingredients (through eggs). Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt.
- ☐ Add flour mixture and buttermilk mixture alternately to banana mixture, beginning and ending with flour mixture; beat at low speed just until combined. Scrape batter into a 9 x 5-inch

metal loaf pan coated with baking spray.

- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool for 10 minutes in pan on a wire rack.
- ☐ Remove bread from pan, and cool on wire rack.
- ☐ Melt remaining 1 tablespoon butter in a small, heavy saucepan over medium-high heat. Cook 3 minutes or until butter begins to brown; remove from heat.
- ☐ Add powdered sugar and half-and-half, stirring with a whisk until smooth.
- ☐ Drizzle glaze over bread.
- ☐ Let stand until glaze sets.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:11.08, Inflammation Score:-2, Nutrition Score:4.2017391479534%

Flavonoids

Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg 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: 190.68kcal (9.53%), Fat: 6.36g (9.78%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 29.06g (10.57%), Sugar: 15.61g (17.34%), Cholesterol: 31.14mg (10.38%), Sodium: 166.02mg (7.22%), Alcohol: 0.63g (100%), Alcohol %: 1.08% (100%), Protein: 2.98g (5.96%), Selenium: 7.63µg (10.9%), Folate: 36.18µg (9.05%), Vitamin B1: 0.13mg (8.83%), Manganese: 0.18mg (8.76%), Vitamin B2: 0.12mg (7.34%), Vitamin B3: 1.09mg (5.44%), Iron: 0.97mg (5.38%), Vitamin B6: 0.1mg (5.17%), Vitamin E: 0.64mg (4.26%), Fiber: 1g (3.99%), Phosphorus: 36.04mg (3.6%), Potassium: 120.03mg (3.43%), Magnesium: 11.22mg (2.81%), Vitamin A: 137.59IU (2.75%), Vitamin B5: 0.26mg (2.57%), Copper: 0.05mg (2.49%), Vitamin C: 2.02mg (2.45%), Vitamin K: 2.3µg (2.19%), Calcium: 18.05mg (1.8%), Zinc: 0.23mg (1.55%), Vitamin B12: 0.06µg (1.05%)