



## Cinnamon Crisp-Topped Cream Cheese-Banana-Nut Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



467 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups bananas unpeeled mashed ( )
- 0.5 cup brown sugar packed
- 0.8 cup butter softened
- 1 tablespoon butter melted
- 8 ounce cream cheese softened

- 2 large eggs
- 1 tablespoon flour all-purpose
- 3 cups flour all-purpose
- 0.1 teaspoon ground cinnamon
- 0.5 cup pecans toasted chopped
- 1 cup pecans toasted chopped
- 0.5 teaspoon salt
- 2 cups sugar
- 0.5 teaspoon vanilla extract

## Equipment

- frying pan
- oven
- hand mixer
- aluminum foil

## Directions

- Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add sugar, beating until light and fluffy.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Combine flour and next 3 ingredients; gradually add to butter mixture, beating at low speed just until blended. Stir in bananas, pecans, and vanilla. Spoon batter into 2 greased and floured 8- x 4-inch loafpans.
- Stir together brown sugar, 1/2 cup pecans, 1 tablespoon flour, 1 tablespoon melted butter, and cinnamon.
- Sprinkle mixture evenly over batter.
- Bake at 350 for 1 hour or until a long wooden pick inserted in center comes out clean and sides pull away from pan, shielding with aluminum foil last 15 minutes to prevent browning, if necessary. Cool bread in pans on wire racks 10 minutes.
- Remove from pans, and cool 30 minutes on wire racks before slicing.

# Nutrition Facts

PROTEIN 4.77% FAT 44.62% CARBS 50.61%

## Properties

Glycemic Index:34.59, Glycemic Load:35.49, Inflammation Score:-5, Nutrition Score:8.9886955437453%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg 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: 467.41kcal (23.37%), Fat: 23.81g (36.64%), Saturated Fat: 10.29g (64.34%), Carbohydrates: 60.77g (20.26%), Net Carbohydrates: 58.47g (21.26%), Sugar: 37.58g (41.75%), Cholesterol: 66.48mg (22.16%), Sodium: 267.12mg (11.61%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 5.73g (11.46%), Manganese: 0.72mg (36.14%), Vitamin B1: 0.28mg (18.91%), Selenium: 12.99µg (18.56%), Folate: 58.43µg (14.61%), Vitamin B2: 0.23mg (13.57%), Vitamin A: 566.39IU (11.33%), Phosphorus: 97.32mg (9.73%), Copper: 0.19mg (9.71%), Iron: 1.73mg (9.59%), Fiber: 2.3g (9.19%), Vitamin B3: 1.81mg (9.06%), Vitamin B6: 0.14mg (6.96%), Magnesium: 27.6mg (6.9%), Zinc: 0.87mg (5.79%), Potassium: 193.86mg (5.54%), Vitamin B5: 0.49mg (4.9%), Calcium: 48.11mg (4.81%), Vitamin E: 0.67mg (4.47%), Vitamin C: 2.07mg (2.51%), Vitamin B12: 0.11µg (1.89%), Vitamin K: 1.76µg (1.68%)