



## Coconut Banana Bread with Lime Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed ( 3 bananas)
- ☐ 0.3 cup butter softened
- ☐ 3 tablespoons rum dark
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup coconut sweetened flaked
- ☐ 1 tablespoon coconut sweetened flaked
- ☐ 0.5 teaspoon vanilla extract

## Equipment

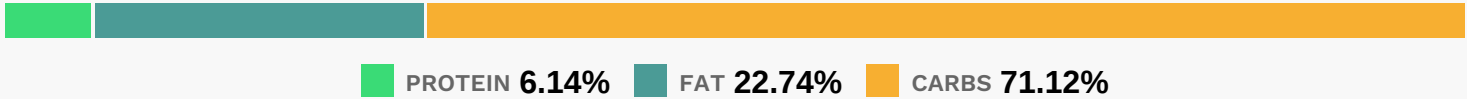
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon the flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, baking soda, and salt, stirring with a whisk to combine.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).
- ☐ Add the eggs, 1 at a time, beating well after each addition.
- ☐ Add banana, yogurt, rum, and vanilla; beat until blended.
- ☐ Add flour mixture; beat at low speed just until moist. Stir in 1/2 cup coconut. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; sprinkle with 1 tablespoon coconut.

- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan.
- ☐ Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool bread completely on wire rack.

## Nutrition Facts



### Properties

Glycemic Index:16.55, Glycemic Load:18.91, Inflammation Score:-2, Nutrition Score:3.980434793493%

### Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 192.38kcal (9.62%), Fat: 4.78g (7.35%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 32.46g (11.8%), Sugar: 19.56g (21.74%), Cholesterol: 31.11mg (10.37%), Sodium: 169.24mg (7.36%), Alcohol: 0.98g (100%), Alcohol %: 1.83% (100%), Protein: 2.9g (5.81%), Selenium: 8.19µg (11.71%), Manganese: 0.18mg (9.13%), Vitamin B1: 0.13mg (8.83%), Folate: 35.26µg (8.81%), Vitamin B2: 0.13mg (7.62%), Vitamin B3: 1.05mg (5.27%), Iron: 0.94mg (5.22%), Fiber: 1.15g (4.58%), Phosphorus: 42.52mg (4.25%), Vitamin B6: 0.07mg (3.64%), Potassium: 100.45mg (2.87%), Vitamin A: 133.42IU (2.67%), Magnesium: 10.63mg (2.66%), Copper: 0.05mg (2.56%), Vitamin B5: 0.24mg (2.45%), Vitamin C: 1.8mg (2.18%), Zinc: 0.28mg (1.85%), Calcium: 15.1mg (1.51%), Vitamin B12: 0.08µg (1.38%), Vitamin E: 0.17mg (1.16%)