



WHATSheATE



## Coconut Banana Bread with Lime Glaze



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



194 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
- ☐ 9 ounces 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 or sweetened flaked
- ☐ 1 tablespoon coconut or sweetened flaked
- ☐ 0.5 teaspoon vanilla extract

## Equipment

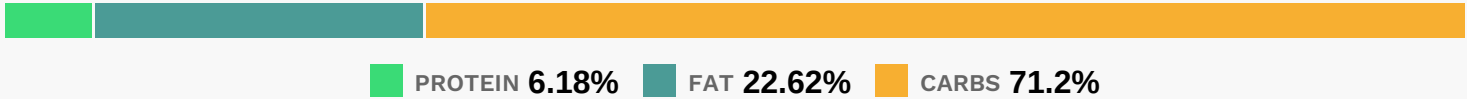
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add 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 in pan 10 minutes on a wire rack; remove from pan.
- ☐ Combine powdered sugar and juice, stirring with a whisk; drizzle over warm bread. Cool completely on wire rack.

## Nutrition Facts



### Properties

Glycemic Index:16.55, Glycemic Load:19.09, Inflammation Score:-2, Nutrition Score:4.0256521624068%

### 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: 193.55kcal (9.68%), Fat: 4.78g (7.35%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 32.7g (11.89%), Sugar: 19.56g (21.74%), Cholesterol: 31.11mg (10.37%), Sodium: 169.25mg (7.36%), Alcohol: 0.98g (100%), Alcohol %: 1.83% (100%), Protein: 2.94g (5.87%), Selenium: 8.3µg (11.86%), Manganese: 0.18mg (9.24%), Vitamin B1: 0.14mg (9%), Folate: 35.85µg (8.96%), Vitamin B2: 0.13mg (7.71%), Vitamin B3: 1.07mg (5.36%), Iron: 0.96mg (5.31%), Fiber: 1.15g (4.62%), Phosphorus: 42.87mg (4.29%), Vitamin B6: 0.07mg (3.65%), Potassium: 100.8mg (2.88%), Magnesium: 10.7mg (2.68%), Vitamin A: 133.42IU (2.67%), Copper: 0.05mg (2.58%), Vitamin B5: 0.25mg (2.46%), Vitamin C: 1.8mg (2.18%), Zinc: 0.28mg (1.87%), Calcium: 15.15mg (1.52%), Vitamin B12: 0.08µg (1.38%), Vitamin E: 0.17mg (1.17%)