



Cream Cheese-Banana-Nut Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



408 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas unpeeled mashed ()
- ☐ 0.8 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup pecans toasted chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

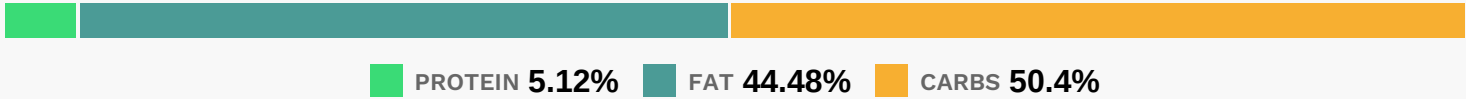
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil
- ☐ muffin liners

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.
- ☐ 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.
- ☐ Cream Cheese-Banana-Nut Muffins: To bake muffins, spoon batter evenly into 24 paper-lined muffin cups.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove from pans, and cool completely on wire racks. Makes 24 muffins. Prep: 15 min.,

- ☐ Bake: 25 min.
- ☐ Orange-Pecan-Topped Cream Cheese-Banana-Nut Bread: Prepare bread batter as directed, and spoon into desired pans.
- ☐ Sprinkle 1 cup coarsely chopped, toasted pecans evenly over batter in pans.
- ☐ Bake as directed. Cool bread or muffins in pans 10 minutes; remove from pans to wire racks. Stir together 1 cup powdered sugar, 3 tablespoons fresh orange juice, and 1 teaspoon grated orange rind until blended.
- ☐ Drizzle evenly over warm bread or muffins, and cool 30 minutes on wire racks.
- ☐ Toasted Coconut-Topped Cream Cheese-Banana-Nut Bread: Prepare and bake bread or muffins in desired pans. While bread is baking, stir together 1/4 cup butter, 1/4 cup granulated sugar, 1/4 cup firmly packed brown sugar, and 1/4 cup milk in a small saucepan over medium-high heat; bring to a boil, stirring constantly.
- ☐ Remove from heat. Stir in 1 cup sweetened flaked coconut; 1 cup chopped, toasted pecans; and 2 teaspoons vanilla extract.
- ☐ Remove baked bread or muffins from oven, and immediately spread tops with coconut mixture. Broil 5 1/2 inches from heat 2 to 3 minutes or just until topping starts to lightly brown. Cool in pans on wire racks 20 minutes.
- ☐ Remove from pans, and cool 30 minutes on wire racks before slicing.
- ☐ Cinnamon Crisp-Topped Cream Cheese-Banana-Nut Bread: Prepare bread batter as directed, and spoon into desired pans. Stir together 1/2 cup firmly packed brown sugar; 1/2 cup chopped, toasted pecans; 1 tablespoon all-purpose flour; 1 tablespoon melted butter; and 1/8 teaspoon ground cinnamon.
- ☐ Sprinkle mixture evenly over batter.
- ☐ Bake and cool as directed.
- ☐ Peanut Butter Streusel-Topped Cream Cheese-Banana-Nut Bread: Prepare bread batter as directed, and spoon into desired pans.
- ☐ Combine 1/2 cup plus 1 tablespoon all-purpose flour and 1/2 cup firmly packed brown sugar in a small bowl.
- ☐ Cut in 1/4 cup butter and 3 tablespoons creamy peanut butter with a pastry blender or fork until mixture resembles small peas.
- ☐ Sprinkle mixture evenly over batter in pans.
- ☐ Bake and cool as directed.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:35.2, Inflammation Score:-5, Nutrition Score:7.992608681969%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 408.19kcal (20.41%), Fat: 20.68g (31.81%), Saturated Fat: 9.61g (60.06%), Carbohydrates: 52.72g (17.57%), Net Carbohydrates: 50.76g (18.46%), Sugar: 30.33g (33.7%), Cholesterol: 64.47mg (21.49%), Sodium: 259.06mg (11.26%), Alcohol: 0.05g (100%), Alcohol %: 0.05% (100%), Protein: 5.36g (10.72%), Manganese: 0.56mg (28.17%), Selenium: 12.6µg (18%), Vitamin B1: 0.26mg (17.19%), Folate: 56.68µg (14.17%), Vitamin B2: 0.22mg (13.16%), Vitamin A: 541.16IU (10.82%), Phosphorus: 87.11mg (8.71%), Iron: 1.57mg (8.7%), Vitamin B3: 1.73mg (8.67%), Fiber: 1.96g (7.83%), Copper: 0.15mg (7.52%), Vitamin B6: 0.13mg (6.45%), Magnesium: 22.81mg (5.7%), Potassium: 169.75mg (4.85%), Zinc: 0.71mg (4.75%), Vitamin B5: 0.45mg (4.48%), Vitamin E: 0.6mg (4.02%), Calcium: 39.25mg (3.92%), Vitamin C: 2.04mg (2.47%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.57µg (1.5%)