



Cream Cheese Banana Nut Bread

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



507 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 10.1 oz all purpose flour
- ☐ 1.5 tsp double-acting baking powder
- ☐ 8 oz banana mashed
- ☐ 0.3 teaspoon cinnamon mixed with 1 teaspoon sugar
- ☐ 0.5 tsp soda
- ☐ 8 oz cream cheese softened
- ☐ 2 large eggs
- ☐ 1 cup granulated sugar

- ☐ 1 cup pecans divided toasted chopped (use)
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla

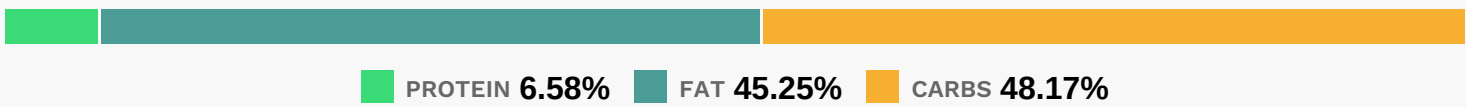
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F. Grease and flour a 9×5 inch loaf pan. For a taller loaf, use a slightly smaller pan such as an 8×4 or 8 1/2 by 4 1/2
- ☐ Mix flour, baking powder, baking soda and salt together in a mixing bowl; set aside. Beat cream cheese, butter and sugar until light and fluffy.
- ☐ Add bananas, eggs and vanilla and beat until mixed.
- ☐ Add flour mixture and stir until it is almost mixed in.
- ☐ Add the ¾ cup of the pecans and stir pecans mixed and flour has disappeared – batter should still be pretty lumpy.
- ☐ Pour into pan. Toss remaining 1/4 cup pecans with cinnamon/sugar mixture and sprinkle over top.
- ☐ Bake at 350 for 1 hour and 10 minutes. Cool 10 minutes before removing from pan. Makes 1 loaf

Nutrition Facts



Properties

Glycemic Index:41.73, Glycemic Load:41.04, Inflammation Score:-6, Nutrition Score:12.296086922936%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 506.61kcal (25.33%), Fat: 26.05g (40.08%), Saturated Fat: 10.57g (66.04%), Carbohydrates: 62.41g (20.8%), Net Carbohydrates: 59.48g (21.63%), Sugar: 30.18g (33.53%), Cholesterol: 90.18mg (30.06%), Sodium: 345.67mg (15.03%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 8.52g (17.04%), Manganese: 0.9mg (44.9%), Selenium: 19.39µg (27.7%), Vitamin B1: 0.38mg (25.56%), Folate: 82.53µg (20.63%), Vitamin B2: 0.34mg (20.21%), Phosphorus: 154.9mg (15.49%), Iron: 2.41mg (13.41%), Vitamin A: 648.42IU (12.97%), Vitamin B3: 2.49mg (12.44%), Copper: 0.24mg (12%), Fiber: 2.93g (11.71%), Calcium: 103.34mg (10.33%), Vitamin B6: 0.18mg (9.17%), Magnesium: 35.03mg (8.76%), Zinc: 1.17mg (7.79%), Vitamin B5: 0.72mg (7.2%), Potassium: 248.59mg (7.1%), Vitamin E: 0.76mg (5.08%), Vitamin C: 2.6mg (3.16%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.35µg (2.37%), Vitamin K: 1.82µg (1.74%)