



Family Banana Nut Bread

 Vegetarian

READY IN



155 min.

SERVINGS



6

CALORIES



751 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 bananas ripe mashed
- 0.5 cup butter
- 8 ounce cream cheese softened
- 2 eggs
- 2.3 cups flour all-purpose
- 1 cup walnuts chopped

1 cup sugar white

Equipment

bowl

frying pan

oven

wire rack

loaf pan

toothpicks

Directions

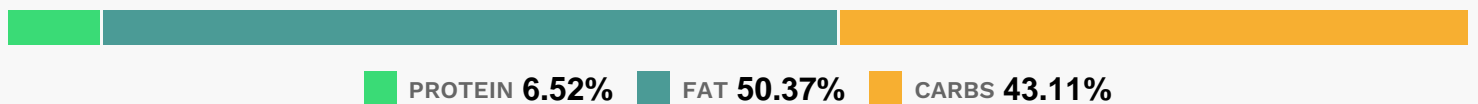
Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan.

Beat together the cream cheese, sugar, butter, eggs, and banana in a large bowl until very smooth. Stir in the flour, baking powder, baking soda, and walnuts until just combined.

Pour the batter into the prepared loaf pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour and 15 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:64.81, Glycemic Load:54.6, Inflammation Score:-7, Nutrition Score:16.851304303045%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 750.93kcal (37.55%), Fat: 43.15g (66.38%), Saturated Fat: 19.13g (119.56%), Carbohydrates: 83.09g (27.7%), Net Carbohydrates: 79.49g (28.91%), Sugar: 40.19g (44.65%), Cholesterol: 133.41mg (44.47%), Sodium: 460.4mg (20.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Manganese: 1.1mg (55.07%), Selenium: 25.38µg (36.26%), Folate: 123.62µg (30.91%), Vitamin B1: 0.46mg (30.81%), Vitamin B2: 0.46mg (26.84%), Phosphorus: 222.68mg (22.27%), Vitamin A: 1088.65IU (21.77%), Copper: 0.43mg (21.4%), Iron: 3.27mg (18.19%), Vitamin B3: 3.3mg (16.5%), Vitamin B6: 0.32mg (15.82%), Magnesium: 57.55mg (14.39%), Fiber: 3.6g (14.39%), Calcium: 136.62mg (13.66%), Potassium: 352.51mg (10.07%), Zinc: 1.39mg (9.26%), Vitamin B5: 0.91mg (9.09%), Vitamin E: 1.12mg (7.48%), Vitamin C: 3.68mg (4.46%), Vitamin B12: 0.25µg (4.1%), Vitamin K: 3.03µg (2.88%), Vitamin D: 0.29µg (1.96%)