



Frosted Banana Bars



Vegetarian



Popular

READY IN



40 min.

SERVINGS



36

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas ripe mashed
- ☐ 0.5 cup butter softened
- ☐ 16 ounce cream cheese frosting
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup heavy whipping cream sour

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

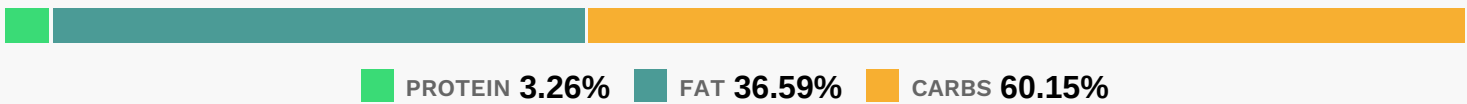
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 10x15 inch jellyroll pan.
- ☐ In a large bowl, cream together the butter and sugar until smooth. Beat in the eggs, one at a time, then stir in the sour cream and vanilla.
- ☐ Combine the flour, baking soda and salt; stir into the batter. Finally, mix in the mashed banana.
- ☐ Spread evenly into the prepared pan.
- ☐ Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Allow bars to cool completely before frosting with the cream cheese frosting.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:10.11, Inflammation Score:-1, Nutrition Score:1.7278260873712%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg

Nutrients (% of daily need)

Calories: 152.43kcal (7.62%), Fat: 6.32g (9.72%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 23.07g (8.39%), Sugar: 17.09g (18.99%), Cholesterol: 19.64mg (6.55%), Sodium: 96.61mg (4.2%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.27g (2.53%), Selenium: 3.53µg (5.04%), Vitamin B1: 0.06mg (3.88%), Folate: 15.17µg (3.79%), Vitamin B2: 0.06mg (3.69%), Manganese: 0.06mg (3.11%), Vitamin A:

134.46IU (2.69%), Iron: 0.41mg (2.25%), Vitamin B3: 0.45mg (2.24%), Phosphorus: 19.25mg (1.93%), Vitamin B6: 0.03mg (1.26%), Fiber: 0.3g (1.18%), Potassium: 39.21mg (1.12%), Vitamin B5: 0.11mg (1.07%), Calcium: 10.31mg (1.03%)