



Hawaiian Banana Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 cup bananas mashed
- 1 cup brown sugar packed
- 0.3 cup powdered sugar
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon juice of lemon
- 0.5 teaspoon salt

- 0.3 cup shortening
- 0.5 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

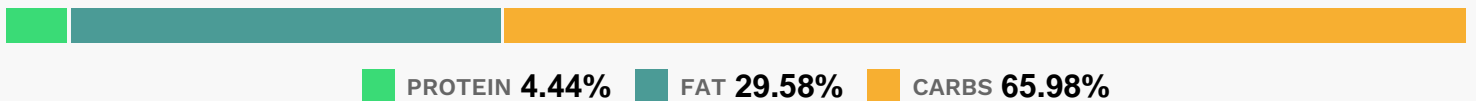
Equipment

- frying pan
- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 11x7 inch pan.
- In large mixing bowl, mix shortening, brown sugar, vanilla, lemon juice and banana until well blended.
- Sift together the flour, baking powder and salt.
- Add to the banana mixture; stir until well blended. Stir in chopped nuts.
- Pour into the prepared pan.
- Bake for 30 to 35 minutes in the preheated oven.
- While warm, cut into bars and remove from pan.
- Combine powdered sugar and cinnamon. Gently roll warm bars in sugar-cinnamon mixture.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:5.45, Inflammation Score:-1, Nutrition Score:2.4004347998163%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.52kcal (5.68%), Fat: 3.83g (5.9%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 18.58g (6.76%), Sugar: 11.77g (13.07%), Cholesterol: 0mg (0%), Sodium: 77.95mg (3.39%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.29g (2.59%), Manganese: 0.18mg (9.13%), Vitamin B1: 0.07mg (4.87%), Folate: 18.68µg (4.67%), Selenium: 2.98µg (4.26%), Copper: 0.06mg (3.11%), Iron: 0.56mg (3.11%), Vitamin B2: 0.05mg (2.91%), Vitamin B3: 0.56mg (2.81%), Vitamin B6: 0.05mg (2.75%), Calcium: 27.25mg (2.72%), Fiber: 0.66g (2.65%), Phosphorus: 24.84mg (2.48%), Magnesium: 9.06mg (2.27%), Potassium: 65.55mg (1.87%), Vitamin K: 1.3µg (1.24%), Vitamin E: 0.16mg (1.09%), Vitamin C: 0.89mg (1.08%), Vitamin B5: 0.11mg (1.07%)