



## Hummingbird Mini Loaves

READY IN



90 min.

SERVINGS



30

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup fully bananas ripe mashed ( 3)
- 2 oz philadelphia cream cheese softened ( )
- 4 eggs
- 1 tsp ground cinnamon
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 Tbsp milk
- 0.3 cup oil
- 0.5 cup planters pecans chopped
- 20 oz pineapple in juice crushed undrained canned

- 0.5 cup powdered sugar
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

## Equipment

- bowl
- oven
- blender
- loaf pan
- toothpicks
- aluminum foil

## Directions

- Heat oven to 350F.
- Drain pineapple, reserving 1 cup juice.
- Add reserved juice to dry cake mix, dry pudding mix, cinnamon, eggs and oil in large bowl; beat with mixer until blended.
- Add crushed pineapple, bananas and nuts; beat just until blended.
- Pour into 5 mini foil loaf pans sprayed with cooking spray.
- Bake 40 min. or until toothpick inserted in centers comes out clean. Cool completely.
- Beat cream cheese, milk and sugar in small bowl with mixer until blended; drizzle over loaves.

## Nutrition Facts



## Properties

Glycemic Index:4.49, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:3.1391304290813%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## **Nutrients (% of daily need)**

Calories: 142.59kcal (7.13%), Fat: 4.81g (7.4%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 22.95g (8.34%), Sugar: 15.45g (17.17%), Cholesterol: 23.79mg (7.93%), Sodium: 160.6mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Phosphorus: 74.68mg (7.47%), Manganese: 0.14mg (6.9%), Vitamin B1: 0.07mg (4.97%), Vitamin B2: 0.08mg (4.84%), Calcium: 47.57mg (4.76%), Folate: 16.96µg (4.24%), Vitamin E: 0.6mg (3.98%), Selenium: 2.72µg (3.89%), Iron: 0.58mg (3.23%), Fiber: 0.81g (3.22%), Copper: 0.06mg (3.1%), Vitamin B6: 0.06mg (3.04%), Vitamin C: 2.23mg (2.71%), Vitamin B3: 0.51mg (2.57%), Magnesium: 8.89mg (2.22%), Vitamin K: 2.13µg (2.03%), Vitamin B5: 0.2mg (1.97%), Potassium: 68.6mg (1.96%), Zinc: 0.24mg (1.58%), Vitamin A: 71.7IU (1.43%), Vitamin B12: 0.08µg (1.27%)