



## Jamaican Banana Bread

 Vegetarian

READY IN



105 min.

SERVINGS



16

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed
- 0.3 cup brown sugar packed
- 2 tablespoons butter softened
- 2 teaspoons butter
- 2 tablespoons rum extract dark
- 2 teaspoons rum extract dark

- 1 large eggs
- 0.5 cup skim milk fat-free
- 2 cups flour all-purpose
- 2 tablespoons cream cheese light softened
- 2 teaspoons juice of lime
- 2 teaspoons juice of lime fresh
- 0.5 teaspoon lime zest grated
- 0.3 cup pecans toasted chopped
- 2 tablespoons pecans toasted chopped
- 0.1 teaspoon salt
- 1 cup sugar
- 0.3 cup coconut sweetened flaked
- 2 tablespoons coconut sweetened flaked
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- toothpicks
- measuring cup

## Directions

- Preheat oven to 37
- Coat an 8 x 4-inch loaf pan with cooking spray; set aside.
- Place 2 tablespoons softened butter and cheese in a large bowl; beat with a mixer at medium speed until well blended.
- Add 1 cup sugar, beating well.
- Add egg; beat well.
- Weigh or lightly spoon 9 ounces flour (about 2 cups) into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt; stir with a whisk.
- Combine banana and next 5 ingredients (through vanilla); stir well.
- Add flour mixture and banana mixture alternately to butter mixture. Stir in 1/4 cup pecans and 1/4 cup coconut.
- Pour batter into prepared pan; bake at 375 for 50 to 60 minutes or until toothpick inserted in center comes out clean.
- Let cool in pan 10 minutes; remove from pan.
- Let cool slightly on a wire rack.
- Combine brown sugar and 2 teaspoons each butter, lime juice, and rum in a saucepan; bring to a simmer. Cook 1 minute; stir constantly.
- Remove from heat. Stir in 2 tablespoons each pecans and coconut; spoon over loaf.

## Nutrition Facts



## Properties

Glycemic Index:29.82, Glycemic Load:18.66, Inflammation Score:-2, Nutrition Score:4.5291304018186%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-

gallate: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

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

Calories: 190.48kcal (9.52%), Fat: 5.76g (8.86%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 31.5g (11.45%), Sugar: 18.84g (20.94%), Cholesterol: 17.97mg (5.99%), Sodium: 145.54mg (6.33%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 2.92g (5.84%), Manganese: 0.3mg (15.01%), Selenium: 7.34µg (10.49%), Vitamin B1: 0.15mg (10.15%), Folate: 33.43µg (8.36%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 59.39mg (5.94%), Iron: 1.02mg (5.66%), Vitamin B3: 1.06mg (5.31%), Calcium: 53.02mg (5.3%), Fiber: 1.27g (5.09%), Copper: 0.08mg (4.04%), Magnesium: 13.23mg (3.31%), Vitamin B6: 0.06mg (3.05%), Potassium: 102.98mg (2.94%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.23mg (2.3%), Vitamin A: 110.5IU (2.21%), Vitamin B12: 0.09µg (1.56%), Vitamin C: 1.24mg (1.5%), Vitamin E: 0.16mg (1.04%), Vitamin D: 0.15µg (1.02%)