

Lightened-Up Special Banana Bread

 Vegetarian

READY IN



80 min.

SERVINGS



24

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups banana ripe mashed (3 medium)
- 0.5 cup butter softened
- 1 cup powdered sugar
- 2 eggs
- 3 cups flour all-purpose
- 8 ounces cream cheese reduced-fat

- 3 tablespoons orange juice
- 1 teaspoon orange zest grated
- 1 cup pecans divided chopped
- 0.5 teaspoon salt
- 1.5 cups sugar
- 0.5 teaspoon vanilla extract

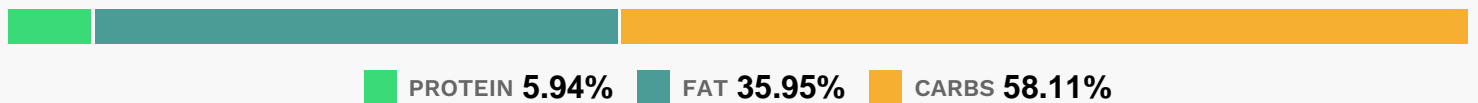
Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks

Directions

- Preheat oven to 350°. In a large bowl, beat cream cheese, butter and sugar until well blended.
- Add eggs, one at a time, beating well after each addition. Beat in bananas and vanilla.
- Combine flour, baking powder, baking soda and salt; gradually add to creamed mixture just until moistened. Fold in 1/2 cup pecans.
- Transfer to two 8x4-in. loaf pans coated with cooking spray.
- Sprinkle with remaining pecans.
- Bake 55–60 minutes or until a toothpick inserted in center comes out clean.
- In a small bowl, whisk glaze ingredients; drizzle over loaves. Cool 10 minutes before removing from pans to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:18.54, Inflammation Score:-3, Nutrition Score:4.7778260448705%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 223.64kcal (11.18%), Fat: 9.13g (14.04%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 32.09g (11.67%), Sugar: 19.49g (21.65%), Cholesterol: 28.91mg (9.64%), Sodium: 150.28mg (6.53%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 3.39g (6.79%), Manganese: 0.34mg (16.98%), Vitamin B1: 0.16mg (10.87%), Selenium: 7.22µg (10.32%), Folate: 35.79µg (8.95%), Vitamin B2: 0.13mg (7.64%), Phosphorus: 56.49mg (5.65%), Iron: 0.97mg (5.39%), Vitamin B3: 1.06mg (5.32%), Copper: 0.09mg (4.62%), Fiber: 1.11g (4.46%), Vitamin A: 203.29IU (4.07%), Magnesium: 13.04mg (3.26%), Vitamin B6: 0.06mg (3.12%), Potassium: 103.36mg (2.95%), Zinc: 0.44mg (2.92%), Calcium: 28.64mg (2.86%), Vitamin B5: 0.28mg (2.85%), Vitamin C: 2.04mg (2.47%), Vitamin B12: 0.13µg (2.13%), Vitamin E: 0.26mg (1.71%)