

Liz's Banana Bars

READY IN



60 min.

SERVINGS



15

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bananas mashed
- 2.5 cups confectioners' sugar
- 6 ounce cream cheese softened
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon juice of lemon
- 0.3 cup butter softened
- 0.8 cup milk
- 0.5 teaspoon salt

1.5 cups sugar white

Equipment

bowl

oven

baking pan

hand mixer

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.

Combine the milk and lemon juice in a small bowl; allow to sit at room temperature for 10 minutes. This will effectively 'sour' the milk.

Stir the 1/2 cup margarine, the white sugar, eggs, salt, and flour together in a bowl.

Add the soured milk and mashed bananas and mix thoroughly; spread into the bottom of the prepared dish.

Bake in the preheated oven until the edges begin to brown very slightly, about 25 minutes. Allow to cool at least 10 minutes before frosting.

Prepare the frosting by beating together the cream cheese, confectioners' sugar, and 1/3 cup margarine in a bowl using an electric mixer.

Spread evenly over the cooled bars before cutting into 20 even-sized pieces.

Serve immediately or store in refrigerator.

Nutrition Facts



PROTEIN 4.61% **FAT 25.23%** **CARBS 70.16%**

Properties

Glycemic Index:17.66, Glycemic Load:25.29, Inflammation Score:-4, Nutrition Score:4.744782589052%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 321.21kcal (16.06%), Fat: 9.19g (14.14%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 56.63g (20.59%), Sugar: 42.53g (47.25%), Cholesterol: 34.74mg (11.58%), Sodium: 174.75mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Selenium: 9.06µg (12.94%), Vitamin B2: 0.17mg (10.18%), Vitamin B1: 0.15mg (9.87%), Folate: 37.54µg (9.39%), Manganese: 0.16mg (8.07%), Vitamin A: 394.27IU (7.89%), Phosphorus: 58.72mg (5.87%), Vitamin B3: 1.12mg (5.59%), Iron: 0.95mg (5.29%), Vitamin B6: 0.09mg (4.47%), Calcium: 34.56mg (3.46%), Fiber: 0.86g (3.44%), Potassium: 118.8mg (3.39%), Vitamin B5: 0.33mg (3.3%), Magnesium: 11.28mg (2.82%), Vitamin B12: 0.15µg (2.47%), Vitamin E: 0.35mg (2.32%), Copper: 0.05mg (2.28%), Zinc: 0.33mg (2.18%), Vitamin C: 1.51mg (1.83%), Vitamin D: 0.25µg (1.68%)