



Orange-Pecan-Topped Cream Cheese-Banana-Nut Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



487 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas unpeeled mashed ()
- ☐ 0.8 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose

- ☐ 3 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1 cup pecans toasted chopped
- ☐ 1 cup pecans toasted coarsely chopped
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract

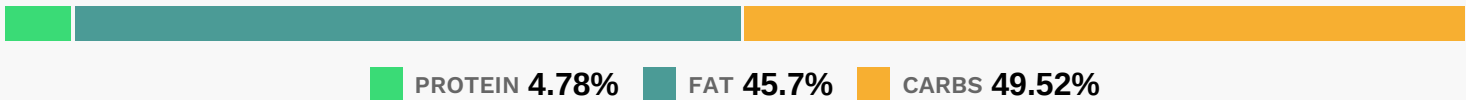
Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Combine flour and next 3 ingredients; gradually add to butter mixture, beating at low speed just until blended. Stir in bananas, pecans, and vanilla. Spoon batter into 2 greased and floured 8- x 4-inch loafpans. Sprinkle pecans evenly over batter in pans.
- ☐ Bake at 350 for 1 hour or until a long wooden pick inserted in center comes out clean and sides pull away from pan, shielding with aluminum foil last 15 minutes to prevent browning, if necessary. Cool bread in pans on wire racks 10 minutes; remove from pans to wire racks. Stir together powdered sugar, orange juice, and orange rind until blended.
- ☐ Drizzle evenly over warm bread, and cool 30 minutes on wire racks.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:35.41, Inflammation Score:-5, Nutrition Score:9.741304387217%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 486.58kcal (24.33%), Fat: 25.44g (39.13%), Saturated Fat: 10.02g (62.62%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 59.4g (21.6%), Sugar: 38.7g (43%), Cholesterol: 64.47mg (21.49%), Sodium: 259.25mg (11.27%), Alcohol: 0.05g (100%), Alcohol %: 0.04% (100%), Protein: 5.99g (11.98%), Manganese: 0.86mg (43.06%), Vitamin B1: 0.3mg (20.31%), Selenium: 12.9µg (18.43%), Folate: 59.2µg (14.8%), Vitamin B2: 0.23mg (13.82%), Copper: 0.23mg (11.58%), Vitamin A: 552.22IU (11.04%), Phosphorus: 106mg (10.6%), Fiber: 2.61g (10.45%), Iron: 1.75mg (9.7%), Vitamin B3: 1.83mg (9.13%), Magnesium: 31.2mg (7.8%), Vitamin B6: 0.14mg (7.22%), Zinc: 1.01mg (6.76%), Potassium: 204.05mg (5.83%), Vitamin B5: 0.51mg (5.12%), Vitamin C: 3.99mg (4.84%), Vitamin E: 0.7mg (4.64%), Calcium: 44.54mg (4.45%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.81µg (1.72%)