



## Our Best Banana Bread

 Vegetarian

READY IN



85 min.

SERVINGS



25

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 tsp baking soda
- 1 cup fully bananas ripe mashed ( 3)
- 0.3 cup butter softened
- 1.5 tsp calumet baking powder
- 8 oz philadelphia cream cheese softened
- 2 eggs
- 2.3 cups flour
- 1 cup sugar

1 cup planters walnuts chopped

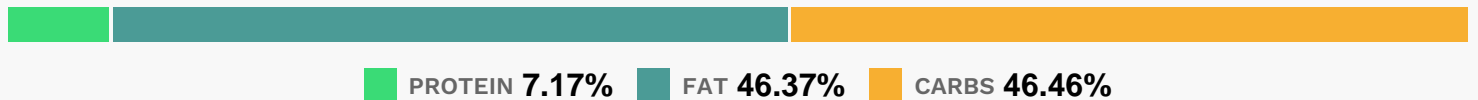
## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- loaf pan
- toothpicks

## Directions

- Heat oven to 350F.
- Combine flour, baking powder and baking soda. Beat cream cheese, butter and sugar in large bowl with mixer until blended.
- Add bananas and eggs; mix well. Gradually add flour mixture, mixing well after each addition. Stir in nuts.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 1 hour 10 min. or until toothpick inserted in center comes out clean. Cool 5 min.
- Remove from pan to wire rack; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:15.55, Glycemic Load:12.74, Inflammation Score:-2, Nutrition Score:3.8299999949725%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 160.92kcal (8.05%), Fat: 8.5g (13.08%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 18.4g (6.69%), Sugar: 9.22g (10.25%), Cholesterol: 27.14mg (9.05%), Sodium: 105.51mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Manganese: 0.25mg (12.75%), Selenium: 6.04µg (8.62%), Vitamin B1: 0.11mg (7.32%), Folate: 28.91µg (7.23%), Vitamin B2: 0.11mg (6.25%), Phosphorus: 53.46mg (5.35%), Copper: 0.1mg (5%), Iron: 0.78mg (4.35%), Vitamin A: 202.35IU (4.05%), Vitamin B3: 0.77mg (3.84%), Calcium: 35.6mg (3.56%), Magnesium: 12.85mg (3.21%), Vitamin B6: 0.06mg (3.16%), Fiber: 0.77g (3.1%), Zinc: 0.33mg (2.17%), Potassium: 71.75mg (2.05%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.21mg (1.42%)