



Peanut Butter-Cream Cheese-Banana-Nut Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



274 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas very ripe unpeeled mashed
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1.5 teaspoons butter
- ☐ 1 cup buttermilk

- ☐ 2 tablespoons creamy peanut butter
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups flour whole wheat

Equipment

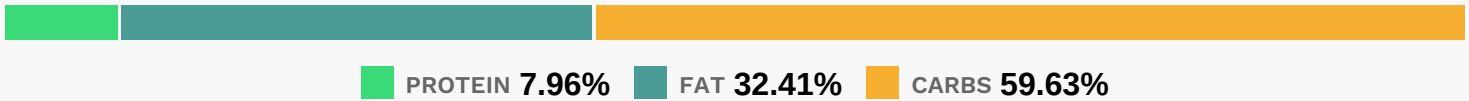
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Place pecans in a single layer on a baking sheet, and bake 12 to 15 minutes or until toasted and fragrant, stirring after 6 minutes.
- ☐ Beat softened butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add 1 cup granulated sugar, beating until light and fluffy.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.

- ☐ Combine whole wheat flour and next 4 ingredients; gradually add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in bananas, toasted pecans, and vanilla. Spoon batter into 2 greased and floured 8- x 4-inch loaf pans.
- ☐ Combine 1/4 cup all-purpose flour and brown sugar in a small bowl.
- ☐ Cut in peanut butter and 1 1/2 tsp. butter with a pastry blender or fork until mixture resembles small peas. Lightly sprinkle mixture over batter in pans.
- ☐ Bake at 350 for 1 hour or until a long wooden pick inserted in center comes out clean and sides of bread pull away from pan, shielding with aluminum foil during last 15 minutes to prevent excessive browning, if necessary. Cool bread in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks.
- ☐ Let cool 30 minutes.
- ☐ Note: To make ahead, proceed with recipe as directed through Step Cool loaves completely, and tightly wrap with plastic wrap. Wrap again with aluminum foil. Freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:19.37, Inflammation Score:-4, Nutrition Score:8.8643478621607%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg 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: 273.52kcal (13.68%), Fat: 10.19g (15.67%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 39.49g (14.36%), Sugar: 20.05g (22.27%), Cholesterol: 35.77mg (11.92%), Sodium: 192.94mg (8.39%), Alcohol: 0.05g (100%), Alcohol %: 0.06% (100%), Protein: 5.63g (11.26%), Manganese: 0.91mg (45.52%), Selenium: 15.61µg (22.3%), Vitamin B1: 0.23mg (15.25%), Phosphorus: 115.12mg (11.51%), Fiber: 2.69g (10.77%), Folate: 42.1µg (10.52%), Vitamin B2: 0.18mg (10.36%), Vitamin B3: 1.93mg (9.64%), Magnesium: 36.77mg (9.19%), Copper:

0.17mg (8.39%), Iron: 1.49mg (8.29%), Vitamin B6: 0.15mg (7.5%), Zinc: 0.89mg (5.94%), Potassium: 184.45mg (5.27%), Calcium: 46.11mg (4.61%), Vitamin B5: 0.43mg (4.29%), Vitamin E: 0.56mg (3.73%), Vitamin A: 183.17IU (3.66%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.34µg (2.28%), Vitamin C: 1.37mg (1.65%)