



Regular-Size Banana-Cranberry-Nut Bread Loaves

 Vegetarian

READY IN



95 min.

SERVINGS



20

CALORIES



336 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas ripe mashed
- ☐ 0.8 cup butter softened
- ☐ 0.8 cup cranberries fresh chopped
- ☐ 8 oz cream cheese softened
- ☐ 2 large eggs

- ☐ 3 cups flour all-purpose
- ☐ 20 servings orange glaze
- ☐ 0.8 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Beat cream cheese and butter 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, next 2 ingredients, and pecans. Spoon batter into 2 greased and floured 8- x 4-inch loafpans.
- ☐ Bake at 350 for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Transfer to wire racks. Prepare Orange Glaze.
- ☐ Drizzle over warm bread loaves, and cool 10 minutes.
- ☐ Note: To make ahead, freeze baked, unglazed loaves in zip-top plastic freezer bags. Thaw loaves at room temperature. Reheat loaves at 300 for 10 to 12 minutes.
- ☐ Drizzle with glaze.

Nutrition Facts

PROTEIN 5.42% FAT 37.93% CARBS 56.65%

Properties

Glycemic Index:23.32, Glycemic Load:29.51, Inflammation Score:-7, Nutrition Score:10.281739185686%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 335.75kcal (16.79%), Fat: 14.62g (22.49%), Saturated Fat: 7.13g (44.57%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 45.65g (16.6%), Sugar: 30.58g (33.98%), Cholesterol: 48.36mg (16.12%), Sodium: 194.31mg (8.45%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 4.7g (9.39%), Vitamin C: 49.43mg (59.91%), Manganese: 0.38mg (19.1%), Vitamin B1: 0.26mg (17.43%), Folate: 68.13µg (17.03%), Selenium: 9.79µg (13.99%), Fiber: 3.49g (13.95%), Vitamin A: 606.26IU (12.13%), Vitamin B2: 0.2mg (11.68%), Potassium: 267.49mg (7.64%), Vitamin B3: 1.51mg (7.53%), Phosphorus: 73.33mg (7.33%), Iron: 1.22mg (6.8%), Copper: 0.13mg (6.73%), Vitamin B6: 0.13mg (6.47%), Calcium: 64.5mg (6.45%), Magnesium: 23.16mg (5.79%), Vitamin B5: 0.54mg (5.42%), Vitamin E: 0.64mg (4.26%), Zinc: 0.53mg (3.54%), Vitamin B12: 0.08µg (1.4%), Vitamin K: 1.29µg (1.23%)