



Roasted Banana Bars with Browned Butter–Pecan Frosting

READY IN



45 min.

SERVINGS



24

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 2 cups banana ripe sliced (3 medium)
- 0.3 cup butter
- 0.5 cup butter softened
- 1 tablespoon butter chilled cut into small pieces
- 2.3 cups cake flour
- 0.3 cup brown sugar dark packed

- 2 large eggs
- 1.3 cups granulated sugar
- 0.3 cup nonfat buttermilk
- 0.3 cup pecans toasted chopped
- 2 cups powdered sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 40
- To prepare bars, combine banana, brown sugar, and 1 tablespoon butter in an 8-inch square baking dish.
- Bake at 400 for 35 minutes, stirring after 17 minutes. Cool slightly.
- Reduce the oven temperature to 37
- Weigh or lightly spoon cake flour into dry measuring cups; level with a knife.
- Combine 9 ounces (about 2 1/4 cups) flour, soda, and baking powder in a medium bowl.
- Combine banana mixture, buttermilk, and 1 teaspoon vanilla in another medium bowl.
- Place 1/2 cup butter and granulated sugar in a large bowl; beat with a mixer at medium speed until well blended.

- Add eggs to granulated sugar mixture; mix well.
- Add flour mixture to sugar mixture alternating with banana mixture, beginning and ending with flour mixture.
- Pour batter into a 13 x 9inch baking pan coated with baking spray.
- Bake at 375 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- To prepare frosting, melt 1/4 cup butter in a small saucepan over medium heat; cook 4 minutes or until lightly browned. Cool slightly.
- Combine browned butter, powdered sugar, cream cheese, and 1 teaspoon vanilla in a medium bowl; beat with a mixer until smooth.
- Spread frosting over cooled bars.
- Sprinkle with pecans.

Nutrition Facts



■ **PROTEIN 4.26%**
 ■ **FAT 31.68%**
 ■ **CARBS 64.06%**

Properties

Glycemic Index:18.49, Glycemic Load:14.19, Inflammation Score:-2, Nutrition Score:2.500000015549%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 214.35kcal (10.72%), Fat: 7.71g (11.86%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 34.36g (12.49%), Sugar: 24.91g (27.68%), Cholesterol: 32.06mg (10.69%), Sodium: 102.11mg (4.44%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 2.33g (4.66%), Manganese: 0.18mg (9.1%), Selenium: 6.34µg (9.05%), Vitamin A: 223.22IU (4.46%), Vitamin B6: 0.06mg (3.06%), Phosphorus: 29.31mg (2.93%), Fiber: 0.72g (2.86%), Vitamin B2: 0.04mg (2.55%), Copper: 0.05mg (2.53%), Folate: 8.84µg (2.21%), Magnesium: 8.65mg (2.16%), Potassium: 73.45mg (2.1%), Vitamin E: 0.3mg (1.98%), Vitamin B5: 0.18mg (1.79%), Iron: 0.28mg (1.57%), Zinc: 0.23mg (1.56%), Calcium: 15.33mg (1.53%), Vitamin B1: 0.02mg (1.52%), Vitamin C: 1.13mg (1.37%), Vitamin B3:

0.22mg (1.12%)