



Salted Caramel Banana Bread

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 3 bananas ripe mashed
- 0.3 cup confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 2 tablespoons heavy whipping cream
- 0.3 teaspoon kosher salt
- 0.3 cup brown sugar light packed

- 2 tablespoons butter unsalted
- 1 tablespoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x5-inch loaf pan with cooking spray.
- Whisk flour, baking powder, and 1/2 teaspoon salt together in a bowl.
- Beat 1/2 cup butter and 1 cup brown sugar together in a bowl using an electric mixer until light and fluffy.
- Add eggs, 1 at a time, beating just until combined. Beat bananas and 1 tablespoon vanilla extract into butter mixture. Gradually add flour mixture, beating on low speed, just until incorporated.
- Pour batter into prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 45 to 55 minutes. Cool in the pan for 20 minutes. Run knife around edges of bread and transfer to a wire rack.
- Heat 1/4 cup brown sugar and 2 tablespoons butter in a saucepan over medium heat; bring to a boil. Cook, stirring constantly with a whisk, until sugar is dissolved, about 1 minute. Stir cream into brown sugar mixture and remove saucepan from heat. Stir 1/3 cup confectioners' sugar and 1/4 teaspoon salt into cream mixture until glaze is smooth.

Drizzle glaze over loaf.

Nutrition Facts



Properties

Glycemic Index:18.48, Glycemic Load:15.02, Inflammation Score:-3, Nutrition Score:5.4926086690115%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.84kcal (8.59%), Fat: 3.79g (5.84%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.65g (10.78%), Sugar: 11.6g (12.89%), Cholesterol: 35.12mg (11.71%), Sodium: 167.95mg (7.3%), Alcohol: 0.37g (100%), Alcohol %: 0.65% (100%), Protein: 3.49g (6.99%), Selenium: 9.78µg (13.98%), Folate: 47.69µg (11.92%), Vitamin B1: 0.18mg (11.76%), Manganese: 0.23mg (11.48%), Vitamin B2: 0.17mg (9.71%), Calcium: 73.66mg (7.37%), Iron: 1.32mg (7.34%), Vitamin B3: 1.44mg (7.22%), Phosphorus: 67.68mg (6.77%), Vitamin B6: 0.13mg (6.65%), Fiber: 1.33g (5.33%), Potassium: 148.93mg (4.26%), Magnesium: 14.46mg (3.62%), Vitamin B5: 0.32mg (3.18%), Vitamin C: 2.58mg (3.13%), Copper: 0.06mg (3.11%), Vitamin A: 153.54IU (3.07%), Zinc: 0.3mg (1.97%), Vitamin D: 0.22µg (1.48%), Vitamin E: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.22%)