



Salted Caramel Banana Bread

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 0.5 teaspoon kosher salt (coarse)
- 0.5 cup butter unsalted softened
- 1 cup brown sugar light packed
- 2 eggs
- 3 teaspoons vanilla
- 3 banana ripe mashed

- 2 tablespoons butter unsalted
- 0.3 cup brown sugar light packed
- 2 teaspoons whipping cream
- 0.3 cup powdered sugar
- 0.3 teaspoon kosher salt (coarse)

Equipment

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

Directions

- Heat oven to 350°F. Spray 9x5-inch loaf pan with cooking spray.
- In medium bowl, mix flour, baking powder and 1/2 teaspoon salt; set aside. In large bowl, beat 1/2 cup butter and 1 cup brown sugar with electric mixer on medium speed until light and fluffy.
- Add eggs, one at a time, beating just until combined. Beat in vanilla and bananas until well blended. Gradually add flour mixture, beating on low speed just until incorporated.
- Pour batter into pan.
- Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 20 minutes. Run knife around edges to loosen loaf; remove from pan to cooling rack.
- In small saucepan, heat 2 tablespoons butter and 1/4 cup brown sugar to boiling over medium heat, stirring constantly with whisk. Boil and stir 1 minute. Stir in whipping cream.

Remove from heat; stir in powdered sugar and 1/4 teaspoon salt. Immediately drizzle over loaf (glaze will harden quickly).

Nutrition Facts

PROTEIN 4.62% **FAT 31.78%** **CARBS 63.6%**

Properties

Glycemic Index:18.48, Glycemic Load:15.02, Inflammation Score:-4, Nutrition Score:6.0708695701931%

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: 303.41kcal (15.17%), Fat: 10.86g (16.71%), Saturated Fat: 6.54g (40.9%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 47.59g (17.3%), Sugar: 29.33g (32.59%), Cholesterol: 53.57mg (17.86%), Sodium: 270.56mg (11.76%), Alcohol: 0.34g (100%), Alcohol %: 0.44% (100%), Protein: 3.55g (7.1%), Selenium: 10.05µg (14.36%), Manganese: 0.24mg (12.09%), Folate: 48.09µg (12.02%), Vitamin B1: 0.18mg (11.77%), Vitamin B2: 0.17mg (9.71%), Calcium: 90.1mg (9.01%), Iron: 1.45mg (8.07%), Vitamin B3: 1.47mg (7.33%), Vitamin A: 365.4IU (7.31%), Vitamin B6: 0.14mg (7.01%), Phosphorus: 69.71mg (6.97%), Fiber: 1.33g (5.33%), Potassium: 173.9mg (4.97%), Magnesium: 16.18mg (4.04%), Copper: 0.07mg (3.61%), Vitamin B5: 0.35mg (3.48%), Vitamin C: 2.57mg (3.12%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.34µg (2.25%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.09µg (1.44%), Vitamin K: 1.08µg (1.03%)