



## Slow-Cooker Bourbon Banana Bread

READY IN



220 min.

SERVINGS



16

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1.5 cups banana very ripe mashed
- 0.8 cup granulated sugar
- 0.3 cup butter melted
- 2 tablespoons bourbon
- 1 teaspoon vanilla
- 3 eggs
- 1 teaspoon ground cinnamon
- 0.8 cup semi chocolate chips
- 0.8 cup pecans toasted chopped

- 2 tablespoons butter melted
- 1 cup powdered sugar
- 1 tablespoon bourbon
- 1 teaspoon water hot
- 2.7 cups frangelico

## Equipment

- bowl
- wire rack
- toothpicks
- spatula
- slow cooker

## Directions

- Grease bottom only of 3 1/2- to 4-quart round slow cooker with shortening or cooking spray.
- Sprinkle lightly with 2 teaspoons of the Bisquick mix.
- In large bowl, stir bananas, granulated sugar, 1/3 cup melted butter, 2 tablespoons bourbon, the vanilla and eggs until well blended. Stir in remaining Bisquick mix, the cinnamon, chocolate chips and 1/2 cup of the pecans until well blended.
- Pour into slow cooker.
- Cover; cook on High heat setting 1 hour 30 minutes to 2 hours or until toothpick inserted in center of loaf comes out clean. Turn off slow cooker; uncover, and remove ceramic base from cooker to cooling rack.
- Let cool 15 minutes.
- Loosen edge of bread with thin metal spatula.
- Remove bread from slow cooker to cooling rack. Cool 1 hour.
- In small bowl, mix glaze ingredients until smooth and consistency of thick syrup.
- Drizzle over top of bread.
- Sprinkle evenly with remaining 1/4 cup pecans.

## Nutrition Facts

PROTEIN 3.92% FAT 50.95% CARBS 45.13%

## Properties

Glycemic Index:16.87, Glycemic Load:8.12, Inflammation Score:-2, Nutrition Score:4.1008695208508%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 224.48kcal (11.22%), Fat: 12.69g (19.52%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 23.74g (8.63%), Sugar: 21.76g (24.17%), Cholesterol: 45.13mg (15.04%), Sodium: 54.68mg (2.38%), Alcohol: 1.03g (100%), Alcohol %: 2.09% (100%), Caffeine: 7.26mg (2.42%), Protein: 2.19g (4.39%), Manganese: 0.38mg (19.22%), Copper: 0.18mg (9.02%), Magnesium: 25.49mg (6.37%), Fiber: 1.55g (6.21%), Phosphorus: 55.98mg (5.6%), Selenium: 3.73µg (5.33%), Iron: 0.85mg (4.74%), Vitamin A: 222.65IU (4.45%), Vitamin B6: 0.08mg (3.94%), Zinc: 0.57mg (3.82%), Potassium: 131.45mg (3.76%), Vitamin B2: 0.06mg (3.76%), Vitamin B1: 0.04mg (2.77%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.25mg (2.46%), Folate: 7.91µg (1.98%), Calcium: 16.82mg (1.68%), Vitamin B12: 0.1µg (1.66%), Vitamin C: 1.28mg (1.55%), Vitamin K: 1.36µg (1.29%), Vitamin B3: 0.23mg (1.15%), Vitamin D: 0.17µg (1.1%)