



Toasted Coconut-Topped Cream Cheese-Banana-Nut Bread

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



538 kcal

BREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas unpeeled mashed ()
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.8 cup butter softened
- ☐ 8 ounce cream cheese softened

- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 cup pecans toasted chopped
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar
- ☐ 1 cup coconut or sweetened flaked
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

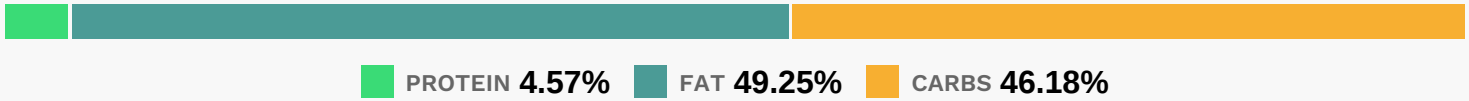
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Beat butter and cream cheese 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, pecans, and vanilla. Spoon batter into 2 greased and floured 8- x 4-inch loafpans.
- ☐ Bake at 350 for 1 hour or until a long wooden pick inserted in center comes out clean and sides pull away from pan, shielding with aluminum foil last 15 minutes to prevent browning, if necessary.

- ☐ While bread is baking, stir together 1/4 cup butter, 1/4 cup sugar, brown sugar, and milk in a small saucepan over medium-high heat; bring to a boil, stirring constantly.
- ☐ Remove from heat. Stir in coconut; 1 cup chopped, toasted pecans; and 2 teaspoons vanilla extract.
- ☐ Remove baked bread or muffins from oven, and immediately spread tops with coconut mixture. Broil 5 1/2 inches from heat 2 to 3 minutes or just until topping starts to lightly brown. Cool in pans on wire racks 20 minutes.
- ☐ Remove from pans, and cool 30 minutes on wire racks before slicing.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:37.63, Inflammation Score:-6, Nutrition Score:10.347391304762%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg, Catechin: 2.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg 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: 537.51kcal (26.88%), Fat: 30.22g (46.5%), Saturated Fat: 13.53g (84.59%), Carbohydrates: 63.75g (21.25%), Net Carbohydrates: 60.6g (22.04%), Sugar: 39.83g (44.25%), Cholesterol: 73.1mg (24.37%), Sodium: 302.19mg (13.14%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 6.31g (12.63%), Manganese: 0.92mg (45.93%), Vitamin B1: 0.3mg (20.32%), Selenium: 13.94µg (19.91%), Folate: 58.46µg (14.61%), Vitamin B2: 0.24mg (14.18%), Vitamin A: 645.99IU (12.92%), Fiber: 3.15g (12.61%), Copper: 0.25mg (12.43%), Phosphorus: 116.25mg (11.63%), Iron: 1.85mg (10.27%), Vitamin B3: 1.86mg (9.32%), Magnesium: 34.64mg (8.66%), Vitamin B6: 0.15mg (7.44%), Zinc: 1.07mg (7.16%), Potassium: 230.01mg (6.57%), Vitamin B5: 0.54mg (5.38%), Calcium: 53.54mg (5.35%), Vitamin E: 0.78mg (5.23%), Vitamin C: 2.11mg (2.56%), Vitamin B12: 0.14µg (2.34%), Vitamin K: 2.08µg (1.98%), Vitamin D: 0.18µg (1.19%)