



White Chocolate Macadamia Banana Bread

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup granulated sugar
- 0.3 cup butter softened
- 1.7 cups banana ripe mashed (3 bananas)
- 0.3 cup milk 2%
- 4 ounces cream cheese low fat
- 2 large eggs
- 2 cups flour
- 1 teaspoon baking soda
- 0.5 teaspoon kosher salt

0.8 cup macadamia nuts salted chopped

0.8 cup chocolate chips white

Equipment

bowl

frying pan

oven

whisk

wire rack

blender

loaf pan

hand mixer

toothpicks

Directions

Preheat oven to 350 degrees.

In the bowl of an electric mixer, combine the sugar and butter beating at medium speed until fluffy. On low-speed, add the banana, milk, cream cheese and eggs mixing until combined.

In a small bowl, whisk together the flour, baking soda and salt. Keeping the mixer on low-speed and slowly add the dry ingredients to the wet ingredients. Beat just until blended.

Add the nuts and chocolate chips and stir briefly.

Pour the batter into a 95 inch metal loaf pan coated with cooking spray and bake at 350 degrees for 1 hour or until a toothpick inserted into the center comes out clean. Cool in pan for 10 minutes on a wire rack.

Remove from pan and cool on rack.

Nutrition Facts



PROTEIN 6.41% FAT 41.67% CARBS 51.92%

Properties

Glycemic Index:41.23, Glycemic Load:45.2, Inflammation Score:-5, Nutrition Score:11.757391304348%

Flavonoids

Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg 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

Taste

Sweetness: 100%, Saltiness: 18.92%, Sourness: 15.96%, Bitterness: 11.2%, Savoriness: 10.79%, Fattiness: 76.9%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 519.88kcal (25.99%), Fat: 24.68g (37.97%), Saturated Fat: 10.29g (64.33%), Carbohydrates: 69.2g (23.07%), Net Carbohydrates: 66.43g (24.16%), Sugar: 40.63g (45.14%), Cholesterol: 73.54mg (24.51%), Sodium: 416.86mg (18.12%), Protein: 8.54g (17.09%), Manganese: 0.83mg (41.26%), Vitamin B1: 0.43mg (28.64%), Selenium: 16.93µg (24.18%), Vitamin B2: 0.35mg (20.55%), Folate: 75.15µg (18.79%), Phosphorus: 148.73mg (14.87%), Iron: 2.29mg (12.75%), Vitamin B3: 2.53mg (12.63%), Fiber: 2.77g (11.08%), Vitamin B6: 0.2mg (10.15%), Copper: 0.19mg (9.52%), Magnesium: 37.26mg (9.31%), Calcium: 89.38mg (8.94%), Potassium: 304.62mg (8.7%), Vitamin B5: 0.78mg (7.85%), Vitamin A: 355.6IU (7.11%), Vitamin B12: 0.39µg (6.46%), Zinc: 0.84mg (5.6%), Vitamin E: 0.62mg (4.11%), Vitamin C: 2.97mg (3.6%), Vitamin K: 2.49µg (2.37%), Vitamin D: 0.29µg (1.95%)