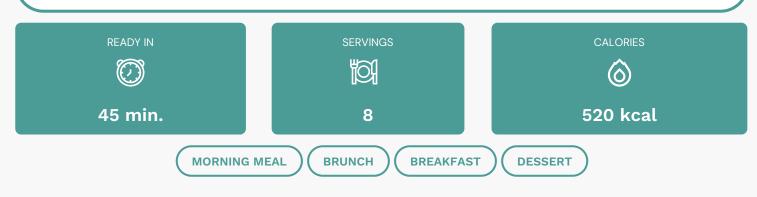
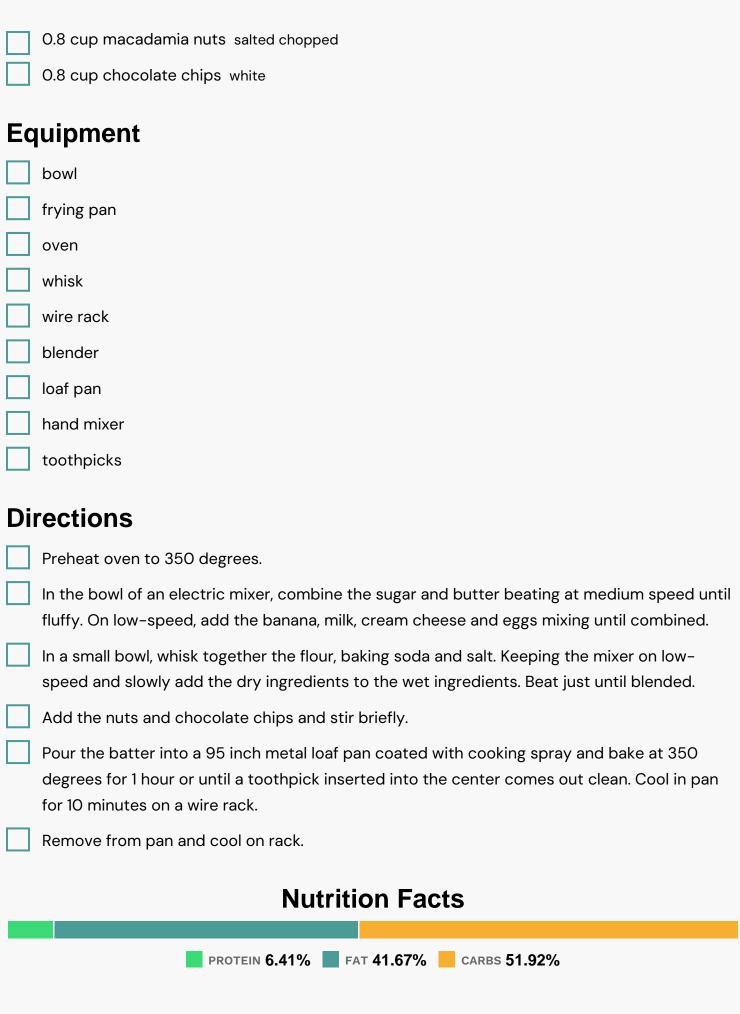


White Chocolate Macadamia Banana Bread



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



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, Quercetin: 0.02mg, 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%)