



Ashley's Banana Bread with Chocolate Chip Sauce

READY IN

ready

Image not found or type unknown

75 min.

SERVINGS

servings

Image not found or type unknown

16

CALORIES

calories

Image not found or type unknown

414 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 bananas ripe mashed
- ☐ 0.8 cup butter
- ☐ 0.5 cup buttermilk well
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 8 ounces milk chocolate chips

- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ For the banana bread: Preheat the oven to 350 degrees F. Grease two 9-by-5-inch loaf pans with cooking spray.
- ☐ With an electric mixer, cream the butter and sugar together until light and fluffy.
- ☐ Add the eggs one at a time, beating well after each addition. Beat in the bananas and vanilla. Sift the flour together with the baking soda and salt.
- ☐ Add the flour and buttermilk to the banana mixture, working in stages, and beginning and ending with the flour. Fold in the pecans.
- ☐ Pour the batter into the prepared loaf pans and bake for 55 minutes. Cool slightly in the pan before turning the loaves out onto wire racks to cool completely.
- ☐ Add the chocolate chips to a heat-proof bowl.
- ☐ Heat the heavy cream in a small saucepan until hot but not boiling.
- ☐ Pour the hot cream over the chocolate and stir until chocolate is fully melted.
- ☐ Serve over slices of banana bread.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:25.13, Inflammation Score:-4, Nutrition Score:7.0226087000059%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 414.44kcal (20.72%), Fat: 24.11g (37.09%), Saturated Fat: 12.24g (76.49%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 46.41g (16.88%), Sugar: 31.59g (35.09%), Cholesterol: 63.76mg (21.25%), Sodium: 303.75mg (13.21%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 4.1g (8.2%), Manganese: 0.5mg (24.83%), Selenium: 8.71µg (12.45%), Vitamin B1: 0.19mg (12.42%), Vitamin A: 553.39IU (11.07%), Vitamin B2: 0.18mg (10.85%), Folate: 40.22µg (10.05%), Vitamin B6: 0.15mg (7.42%), Fiber: 1.84g (7.37%), Phosphorus: 72.18mg (7.22%), Copper: 0.14mg (6.84%), Potassium: 226.97mg (6.48%), Iron: 1.11mg (6.19%), Vitamin B3: 1.22mg (6.12%), Magnesium: 22.43mg (5.61%), Calcium: 43.51mg (4.35%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.4mg (4%), Vitamin E: 0.59mg (3.93%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.46µg (3.07%), Vitamin B12: 0.13µg (2.2%), Vitamin K: 1.69µg (1.61%)