



Banana and Molasses Toffee Chip Bread

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1 cup all purpose gold medal flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas ripe
- ☐ 1 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.3 cup greek yogurt plain
- ☐ 0.3 cup toffee bits
- ☐ 6 tablespoons butter unsalted softened

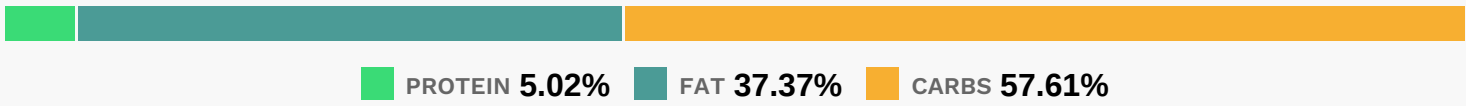
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F. and spray a 9x3x5 inch loaf pan generously with non stick cooking spray.
- ☐ Place butter into a large mixing bowl and stir in sugar until well combined.
- ☐ Add egg, molasses, bananas and yogurt mixing until well combined. Stir in flour, baking soda, baking powder, salt and cinnamon until combined.
- ☐ Pour the batter into prepared loaf pan and top evenly with toffee bits.
- ☐ Bake for 45-55 minutes or until baked through.
- ☐ Let cool for 30 minutes then remove from pan and let cool completely.
- ☐ Cut into slices and serve!

Nutrition Facts



Properties

Glycemic Index:32.66, Glycemic Load:16.88, Inflammation Score:-3, Nutrition Score:4.046521772509%

Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 186.51kcal (9.33%), Fat: 7.91g (12.17%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.53g (9.65%), Sugar: 16.89g (18.76%), Cholesterol: 35.88mg (11.96%), Sodium: 191.58mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Manganese: 0.2mg (10.01%), Selenium: 6.21µg (8.87%), Folate: 26.16µg (6.54%), Vitamin B2: 0.11mg (6.25%), Vitamin B1: 0.09mg (6.23%), Vitamin B6: 0.12mg (6.03%), Vitamin A: 269.13IU (5.38%), Iron: 0.83mg (4.59%), Potassium: 157.38mg (4.5%), Magnesium: 17.92mg (4.48%), Phosphorus: 41.8mg (4.18%), Vitamin B3: 0.81mg (4.07%), Calcium: 40.38mg (4.04%), Fiber: 0.92g (3.66%), Copper: 0.05mg (2.74%), Vitamin C: 1.99mg (2.41%), Vitamin B5: 0.24mg (2.4%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.08µg (1.39%), Zinc: 0.21mg (1.38%), Vitamin D: 0.19µg (1.26%)