



Banana Bread With Chocolate Chips and Chocolate Glaze

READY IN



75 min.

SERVINGS



3

CALORIES



1317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana mashed
- 1 cup confectioners' sugar
- 2 large eggs
- 1.3 cups flour all-purpose
- 0.8 cup granulated sugar
- 0.5 teaspoon ground cinnamon

- 2 tablespoons milk
- 0.5 teaspoon nutmeg grated
- 1 teaspoon orange zest grated
- 1 pinch salt
- 1 teaspoon salt
- 1 cup semi chocolate chips
- 1 stick butter unsalted cooled melted plus more for the pan (or)
- 2 tablespoons cocoa powder unsweetened
- 0.3 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 0.5 cup yogurt plain sour

Equipment

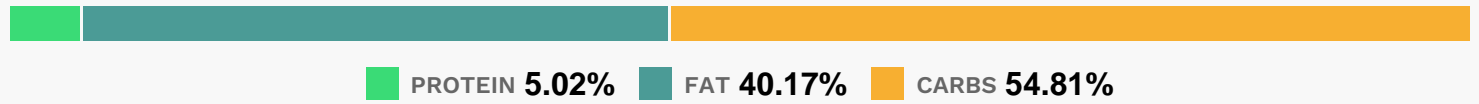
- bowl
- frying pan
- oven
- whisk
- loaf pan
- toothpicks

Directions

- Make the banana bread: Preheat the oven to 350 degrees F. Lightly butter one 9-by-5-inch loaf pan or three 6-by-3-inch mini loaf pans.
- Whisk the flour, granulated sugar, baking powder, salt, baking soda, cinnamon and nutmeg in a large bowl.
- Add the chocolate chips.
- Whisk the eggs, melted butter, yogurt, vanilla and orange zest (if using) in a medium bowl. Stir in the mashed banana. Fold the banana mixture into the flour mixture until just combined.
- Spread the batter in the prepared pan(s).

- Bake until a toothpick inserted into the center comes out clean, about 55 minutes for a standard loaf or 35 to 40 minutes for mini loaves. Cool 30 minutes in the pan(s) on a rack, then turn out onto the rack to cool completely.
- Whisk the confectioners' sugar, cocoa powder, milk, vanilla and salt in a bowl.
- Pour over the cooled banana bread and let set, 15 to 20 minutes.
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:141.29, Glycemic Load:72.91, Inflammation Score:-8, Nutrition Score:28.063478760097%

Flavonoids

Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg, Catechin: 6.74mg Epicatechin: 6.56mg, Epicatechin: 6.56mg, Epicatechin: 6.56mg, Epicatechin: 6.56mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 1316.8kcal (65.84%), Fat: 59.86g (92.09%), Saturated Fat: 35.17g (219.84%), Carbohydrates: 183.76g (61.25%), Net Carbohydrates: 174.05g (63.29%), Sugar: 123.24g (136.93%), Cholesterol: 215.09mg (71.7%), Sodium: 1195.92mg (52%), Alcohol: 0.57g (100%), Alcohol %: 0.18% (100%), Caffeine: 59.27mg (19.76%), Protein: 16.83g (33.66%), Manganese: 1.57mg (78.55%), Copper: 1.06mg (52.79%), Selenium: 36.19µg (51.7%), Iron: 7.73mg (42.92%), Magnesium: 166.33mg (41.58%), Phosphorus: 407.52mg (40.75%), Fiber: 9.71g (38.84%), Vitamin B2: 0.61mg (35.65%), Folate: 131.51µg (32.88%), Vitamin B1: 0.49mg (32.58%), Vitamin A: 1260.04IU (25.2%), Potassium: 857.14mg (24.49%), Calcium: 227.39mg (22.74%), Vitamin B3: 4.25mg (21.27%), Zinc: 3.07mg (20.45%), Vitamin B6: 0.4mg (20.11%), Vitamin B5: 1.42mg (14.21%), Vitamin E: 1.73mg (11.51%), Vitamin B12: 0.67µg (11.23%), Vitamin C: 7.66mg (9.28%), Vitamin D: 1.38µg (9.22%), Vitamin K: 7.89µg (7.51%)