



Banana Bread with Chocolate Glaze

READY IN



112 min.

SERVINGS



16

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.7 cups banana ripe mashed (3 bananas)
- ☐ 0.3 cup butter softened
- ☐ 2 large egg whites
- ☐ 0.3 cup skim milk fat-free
- ☐ 2.5 tablespoons half and half
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 2 ounces bittersweet chocolate finely chopped

- ☐ 1 cup sugar
- ☐ 2 cups flour all-purpose

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Combine sugar and butter in a bowl; beat with a mixer at medium speed until well blended.
- ☐ Add banana, milk, sour cream, and egg whites.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring with a whisk.
- ☐ Add flour mixture to banana mixture; beat just until blended (do not overbeat). Spoon batter into a 9 x 5-inch metal loaf pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool on rack.
- ☐ Place half-and-half and chocolate in a microwave-safe bowl. Microwave at HIGH for 1 minute or until chocolate melts, stirring every 20 seconds. Cool slightly; drizzle over bread.

Nutrition Facts



 **PROTEIN 6.28%**  **FAT 25.84%**  **CARBS 67.88%**

Properties

Glycemic Index:17.69, Glycemic Load:19.14, Inflammation Score:-2, Nutrition Score:3.95521740421%

Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.26kcal (8.81%), Fat: 5.14g (7.91%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 29.26g (10.64%), Sugar: 16.05g (17.84%), Cholesterol: 10.03mg (3.34%), Sodium: 177.66mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 2.81g (5.62%), Selenium: 6.95µg (9.93%), Manganese: 0.2mg (9.85%), Vitamin B1: 0.13mg (8.88%), Folate: 32.53µg (8.13%), Vitamin B2: 0.13mg (7.41%), Iron: 1mg (5.58%), Vitamin B3: 1.07mg (5.36%), Fiber: 1.11g (4.45%), Copper: 0.08mg (4.08%), Phosphorus: 39.87mg (3.99%), Magnesium: 15.47mg (3.87%), Vitamin B6: 0.07mg (3.49%), Potassium: 117.69mg (3.36%), Vitamin A: 128.3IU (2.57%), Calcium: 19.26mg (1.93%), Zinc: 0.28mg (1.85%), Vitamin C: 1.41mg (1.71%), Vitamin B5: 0.16mg (1.63%)