



Banana Brownie Bread

 Vegetarian

READY IN



240 min.

SERVINGS



12

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 2 banana very ripe
- ☐ 1 box brownie mix (1 lb 6.25 oz)
- ☐ 0.5 cup butter melted
- ☐ 3 eggs

Equipment

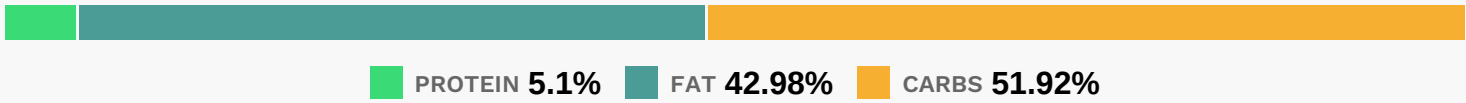
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F. Line 9x5-inch loaf pan with cooking parchment paper. Grease bottom only of parchment paper with shortening or cooking spray.
- ☐ In medium bowl, mash bananas with fork. Stir in brownie mix, chocolate syrup pouch (from brownie mix box), melted butter and eggs just until moistened.
- ☐ Pour batter into pan.
- ☐ Bake 1 hour 20 minutes to 1 hour 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove loaf from pan to cooling rack. Cool completely, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:2.18, Inflammation Score:-2, Nutrition Score:2.5208695427231%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg 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: 288.47kcal (14.42%), Fat: 13.92g (21.42%), Saturated Fat: 6.34g (39.6%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 37.33g (13.58%), Sugar: 23.53g (26.14%), Cholesterol: 61.26mg (20.42%), Sodium: 200.73mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Iron: 1.44mg (8%), Vitamin A: 308.35IU (6.17%), Selenium: 3.67µg (5.24%), Vitamin B6: 0.09mg (4.56%), Vitamin B2: 0.07mg (3.99%), Phosphorus: 28.38mg (2.84%), Manganese: 0.06mg (2.81%), Potassium: 87.86mg (2.51%), Vitamin B5: 0.24mg (2.45%), Vitamin E: 0.35mg (2.36%), Folate: 9.39µg (2.35%), Vitamin C: 1.71mg (2.07%), Fiber: 0.51g (2.05%), Vitamin B12: 0.11µg (1.9%), Magnesium: 6.82mg (1.7%), Vitamin D: 0.22µg (1.47%), Zinc: 0.18mg (1.2%), Copper: 0.02mg (1.16%)