



Banana-Chocolate Chip Coffee Cake

 Gluten Free

READY IN



75 min.

SERVINGS



9

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup banana ripe mashed (2 medium)
- 2 tablespoons butter softened
- 1 eggs
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.3 cup milk
- 1 tablespoon milk
- 1 cup powdered sugar

- 0.5 cup semisweet chocolate chips miniature
- 0.5 teaspoon vanilla
- 2.3 cups frangelico
- 2.3 cups frangelico

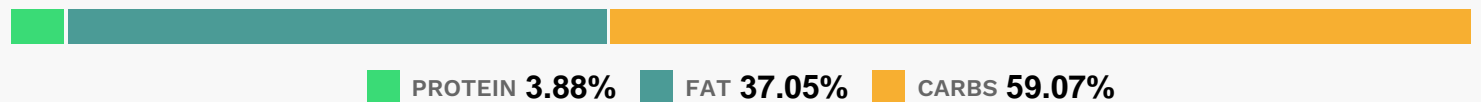
Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks

Directions

- Heat oven to 375F. Spray 8-inch square pan with cooking spray. In medium bowl, stir all coffee cake ingredients with wire whisk or fork until blended.
- Spread in pan
- Bake 26 to 30 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 30 minutes.
- In small bowl, mix all glaze ingredients until smooth. If necessary, add additional milk, 1 teaspoon at a time, until thin enough to drizzle.
- Drizzle glaze over warm coffee cake.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.87, Glycemic Load:5.91, Inflammation Score:-2, Nutrition Score:3.7456521832425%

Flavonoids

Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg 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: 200.89kcal (10.04%), Fat: 8.42g (12.96%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.67g (10.42%), Sugar: 26.01g (28.9%), Cholesterol: 20.26mg (6.75%), Sodium: 42.18mg (1.83%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Caffeine: 11.3mg (3.77%), Protein: 1.99g (3.97%), Manganese: 0.24mg (12.08%), Copper: 0.18mg (9.13%), Magnesium: 29.69mg (7.42%), Fiber: 1.54g (6.18%), Phosphorus: 59.13mg (5.91%), Iron: 0.98mg (5.44%), Potassium: 159.49mg (4.56%), Selenium: 3.09µg (4.42%), Vitamin B6: 0.08mg (4.05%), Vitamin B2: 0.06mg (3.57%), Vitamin A: 172.59IU (3.45%), Zinc: 0.48mg (3.23%), Calcium: 27.15mg (2.71%), Vitamin B12: 0.13µg (2.13%), Vitamin B5: 0.21mg (2.13%), Vitamin C: 1.46mg (1.77%), Vitamin E: 0.25mg (1.67%), Vitamin D: 0.22µg (1.44%), Folate: 5.67µg (1.42%), Vitamin B3: 0.24mg (1.2%), Vitamin B1: 0.02mg (1.18%), Vitamin K: 1.11µg (1.06%)