



Banana-Chocolate-Walnut Bread

READY IN



45 min.

SERVINGS



16

CALORIES



219 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed
- ☐ 5 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 2 tablespoons skim milk fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup semisweet chocolate chips divided
- ☐ 0.3 cup walnut pieces divided toasted chopped

Equipment

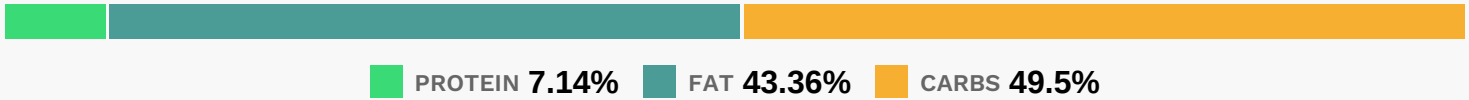
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 4 ingredients in a large bowl; beat with a mixer at medium speed until blended.
- ☐ Add sugars; beat until blended.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through allspice) in a small bowl; stir well with a whisk.
- ☐ Add flour mixture to banana mixture; beat just until blended.
- ☐ Fold 1/3 cup minichips and nuts into batter; pour batter into a 9 x 5-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean.

- ☐
- Remove from oven; cool 10 minutes in pan on a wire rack.
- ☐
- Remove bread from pan; cool completely on wire rack.
- ☐
- Combine remaining 1/3 cup minichips and milk in a microwave–safe bowl; microwave at HIGH for 30 seconds, stirring until smooth.
- ☐
- Drizzle over bread.

Nutrition Facts



Properties

Glycemic Index:22.19, Glycemic Load:11.02, Inflammation Score:-3, Nutrition Score:6.2682608521503%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg 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: 219kcal (10.95%), Fat: 10.75g (16.54%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 25.26g (9.19%), Sugar: 14.59g (16.21%), Cholesterol: 33.41mg (11.14%), Sodium: 169.18mg (7.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.48mg (2.83%), Protein: 3.99g (7.97%), Manganese: 0.41mg (20.52%), Copper: 0.23mg (11.41%), Selenium: 7.96µg (11.37%), Vitamin B1: 0.16mg (10.34%), Magnesium: 39.88mg (9.97%), Fiber: 2.35g (9.41%), Phosphorus: 89.55mg (8.95%), Iron: 1.57mg (8.74%), Folate: 32.6µg (8.15%), Vitamin B2: 0.13mg (7.41%), Potassium: 182.3mg (5.21%), Vitamin B6: 0.1mg (5.08%), Vitamin B3: 0.99mg (4.97%), Zinc: 0.69mg (4.63%), Calcium: 39.14mg (3.91%), Vitamin A: 161.95IU (3.24%), Vitamin B5: 0.31mg (3.13%), Vitamin B12: 0.12µg (2.05%), Vitamin E: 0.27mg (1.82%), Vitamin C: 1.32mg (1.61%), Vitamin K: 1.34µg (1.28%)