

Banana Split Bread

READY IN



75 min.

SERVINGS



16

CALORIES



255 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup banana ripe mashed (2 large)
- 0.5 cup butter softened
- 1 eggs
- 2 cups flour all-purpose
- 3 tablespoons milk
- 0.5 cup pecans chopped
- 6 ounces semi chocolate chips

1 cup sugar

Equipment

bowl

frying pan

oven

wire rack

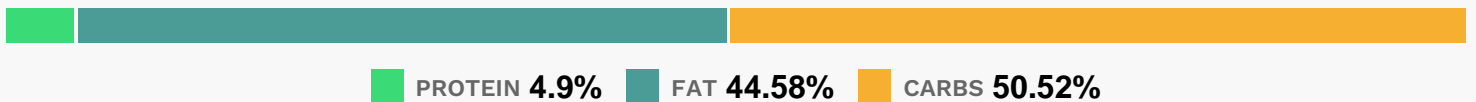
loaf pan

toothpicks

Directions

- In a large bowl, cream butter and sugar until light and fluffy. Beat in egg. In a small bowl, combine bananas and milk.
- Combine the flour, baking powder and baking soda; add to creamed mixture alternately with banana mixture. Fold in chocolate chips and pecans.
- Pour into a greased 9-in. x 5-in. loaf pan.
- Bake at 350° for 60–70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:24.37, Glycemic Load:18.52, Inflammation Score:-3, Nutrition Score:5.6921739915143%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 255.05kcal (12.75%), Fat: 12.85g (19.78%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 30.94g (11.25%), Sugar: 17.85g (19.83%), Cholesterol: 26.46mg (8.82%), Sodium: 112.88mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.18g (6.36%), Manganese: 0.43mg (21.37%), Selenium: 7.46µg (10.65%), Copper: 0.21mg (10.31%), Vitamin B1: 0.15mg (10.3%), Iron: 1.59mg (8.84%), Folate: 32.72µg (8.18%), Magnesium: 29.68mg (7.42%), Fiber: 1.84g (7.37%), Phosphorus: 71.48mg (7.15%), Vitamin B2: 0.11mg (6.76%), Vitamin B3: 1.12mg (5.61%), Vitamin A: 209.9IU (4.2%), Zinc: 0.61mg (4.09%), Potassium: 134.54mg (3.84%), Calcium: 33.31mg (3.33%), Vitamin B6: 0.06mg (2.93%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.32mg (2.16%), Vitamin K: 1.49µg (1.42%), Vitamin B12: 0.07µg (1.18%), Vitamin C: 0.85mg (1.03%)