



Chef John's Banana Bread

 Popular

READY IN



105 min.

SERVINGS



5

CALORIES



816 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 bananas ripe mashed
- 0.5 cup butter softened
- 2 large eggs
- 2 cups flour all-purpose
- 1 tablespoon milk
- 1 teaspoon salt

- 0.3 cup semi chocolate chips
- 0.3 teaspoon vanilla extract
- 1 cup walnuts chopped
- 1 cup sugar white

Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Coat a 9x4-inch loaf pan with cooking spray.
- Whisk flour, salt, baking powder, and baking soda together in a bowl.
- Beat butter and sugar with an electric mixer in a large bowl until smooth.
- Add mashed bananas and beat until combined. Beat eggs into the butter mixture one at a time, fully blending each egg before adding the next. Stir vanilla extract and milk into the mixture.
- Stir chopped walnuts, chocolate chips, and flour mixture into banana mixture until just incorporated.
- Pour batter into the prepared loaf pan. Tap pan on the counter to release any air pockets.
- Bake in preheated oven for about 1 hour 10 minutes, or until an inserted toothpick comes out clean.
- Let the bread rest in the pan for 15–20 minutes; remove from pan, slice, and serve.

Nutrition Facts



■ PROTEIN 6.22% ■ FAT 44.11% ■ CARBS 49.67%

Properties

Glycemic Index:79.97, Glycemic Load:63.95, Inflammation Score:-7, Nutrition Score:20.236521689788%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg, Catechin: 4.32mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 815.69kcal (40.78%), Fat: 41.11g (63.25%), Saturated Fat: 16.58g (103.65%), Carbohydrates: 104.18g (34.73%), Net Carbohydrates: 98.46g (35.8%), Sugar: 53.97g (59.96%), Cholesterol: 124.29mg (41.43%), Sodium: 948.07mg (41.22%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Caffeine: 10.32mg (3.44%), Protein: 13.04g (26.08%), Manganese: 1.5mg (74.96%), Selenium: 26.48µg (37.83%), Folate: 138.67µg (34.67%), Vitamin B1: 0.51mg (33.93%), Copper: 0.67mg (33.34%), Vitamin B2: 0.45mg (26.51%), Phosphorus: 247.36mg (24.74%), Iron: 4.41mg (24.5%), Magnesium: 91.67mg (22.92%), Fiber: 5.72g (22.88%), Vitamin B6: 0.45mg (22.41%), Vitamin B3: 3.81mg (19.07%), Potassium: 517.1mg (14.77%), Vitamin A: 736.13IU (14.72%), Zinc: 1.79mg (11.96%), Calcium: 109.47mg (10.95%), Vitamin B5: 0.97mg (9.68%), Vitamin C: 6.46mg (7.83%), Vitamin E: 1.07mg (7.16%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 3.66µg (3.48%), Vitamin D: 0.43µg (2.89%)