



Cherry-Chocolate Chip Loaves

READY IN



45 min.

SERVINGS



4

CALORIES



824 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup cherries dried chopped
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup bittersweet chocolate mini
- ☐ 1 cup sugar
- ☐ 0.3 cup walnut pieces chopped

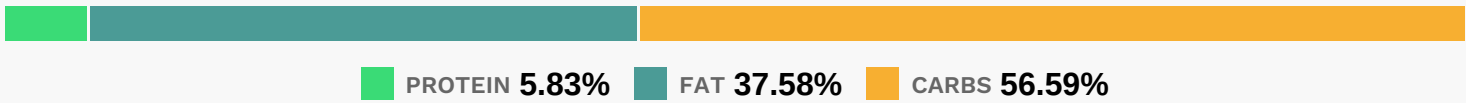
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Blend together butter and sugar in a large bowl.
- ☐ Add banana and eggs; mix well. In a separate bowl, combine flour and baking soda; gradually add to butter mixture. Fold in walnuts, chocolate chips and cherries.
- ☐ Transfer to 4 greased 5 1/2"x3" loaf pans.
- ☐ Bake at 350 degrees for 32 to 37 minutes or until a toothpick inserted near center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Nutrition Facts



Properties

Glycemic Index:67.47, Glycemic Load:73.67, Inflammation Score:-8, Nutrition Score:17.11086952168%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 823.53kcal (41.18%), Fat: 34.96g (53.78%), Saturated Fat: 18.27g (114.19%), Carbohydrates: 118.48g (39.49%), Net Carbohydrates: 113.74g (41.36%), Sugar: 62.87g (69.86%), Cholesterol: 143.5mg (47.83%), Sodium: 491.87mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.41mg (3.14%), Protein: 12.19g (24.39%), Manganese: 0.93mg (46.51%), Selenium: 30.18µg (43.11%), Vitamin B1: 0.54mg (36.06%), Folate: 140.23µg (35.06%), Vitamin B2: 0.47mg (27.77%), Iron: 4.44mg (24.67%), Vitamin A: 1127.76IU (22.56%), Vitamin B3: 4.14mg (20.71%), Copper: 0.39mg (19.57%), Fiber: 4.74g (18.96%), Phosphorus: 179.86mg (17.99%), Magnesium: 57.89mg (14.47%),

Vitamin B6: 0.25mg (12.32%), Potassium: 333.56mg (9.53%), Zinc: 1.32mg (8.83%), Vitamin B5: 0.84mg (8.42%),
Vitamin E: 1.08mg (7.2%), Calcium: 51.65mg (5.16%), Vitamin B12: 0.26µg (4.4%), Vitamin C: 3.36mg (4.07%),
Vitamin K: 3.41µg (3.25%), Vitamin D: 0.44µg (2.93%)