



Chocolate Avocado Bread

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



966 kcal

BREAD

Ingredients

- ☐ 1 cup avocado mashed (1 or)
- ☐ 3 teaspoons baking soda
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 0.5 cup greek yogurt plain fat free
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 4 tbsp cocoa powder unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

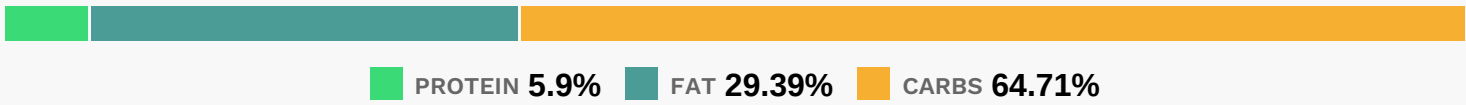
Equipment

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

Directions

- ☐ Preheat oven to 300F. Grease four 6×2 inch mini loaf pans.
- ☐ In a large bowl, cream butter and sugar. Blend in eggs, mashed avocado, yogurt and vanilla until smooth.
- ☐ Mix in salt, baking soda, cocoa powder and flour on low speed until batter is smooth. Divide into prepared pans.
- ☐ Bake for 30–40 minutes, until a toothpick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:58.77, Glycemic Load:108.91, Inflammation Score:-7, Nutrition Score:19.3599999998756%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epicatechin: 10.75mg, Epicatechin: 10.75mg, Epicatechin: 10.75mg, Epicatechin: 10.75mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 966.29kcal (48.31%), Fat: 32.46g (49.94%), Saturated Fat: 16.64g (104.02%), Carbohydrates: 160.79g (53.6%), Net Carbohydrates: 154.38g (56.14%), Sugar: 101.37g (112.64%), Cholesterol: 144.1mg (48.03%), Sodium: 1195.09mg (51.96%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 12.42mg (4.14%), Protein: 14.66g

(29.32%), Selenium: 34.88µg (49.82%), Folate: 173.72µg (43.43%), Vitamin B1: 0.6mg (39.81%), Manganese: 0.76mg (37.75%), Vitamin B2: 0.61mg (35.85%), Iron: 4.68mg (26%), Fiber: 6.41g (25.64%), Vitamin B3: 5.01mg (25.03%), Phosphorus: 219.5mg (21.95%), Copper: 0.41mg (20.25%), Vitamin A: 883.64IU (17.67%), Magnesium: 59.37mg (14.84%), Vitamin B5: 1.29mg (12.94%), Potassium: 415.12mg (11.86%), Vitamin E: 1.72mg (11.44%), Zinc: 1.55mg (10.35%), Vitamin K: 10.27µg (9.78%), Vitamin B6: 0.19mg (9.41%), Calcium: 70.04mg (7%), Vitamin B12: 0.42µg (6.98%), Vitamin C: 3.75mg (4.55%), Vitamin D: 0.44µg (2.93%)