

Chocolate-Banana Bread

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 1 tsp baking soda
- 0.5 cup fully banana ripe mashed (1)
- 0.8 cup brown sugar packed
- 0.8 cup buttermilk
- 0.5 cup tsp. oil divided
- 2 eggs
- 1.3 cups flour

- 2.5 cups banana nut grain cereal flakes whole divided
- 0.5 tsp salt

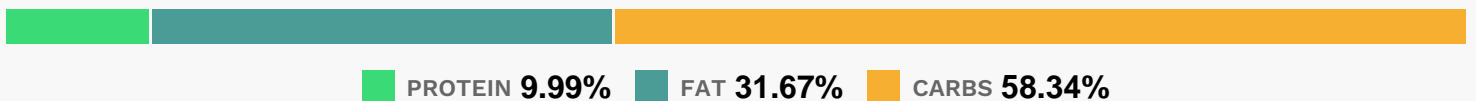
Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Microwave chocolate in microwaveable bowl on HIGH 1 to 2 min. or until chocolate is almost melted, stirring after 1 min.; stir until completely melted.
- Mix next 3 ingredients in large bowl. Beat eggs in medium bowl; stir in melted chocolate, sugar, buttermilk, 1/2 cup oil and banana.
- Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in 2 cups cereal.
- Pour into 9x5-inch loaf pan sprayed with cooking spray. Crush remaining cereal in small bowl.
- Drizzle with remaining oil; mix well.
- Sprinkle over batter in pan.
- Bake 50 to 55 min. or until toothpick inserted in center comes out clean. Cool 10 min.; remove to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:6.49, Inflammation Score:-3, Nutrition Score:6.6104348379633%

Flavonoids

Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 175.77kcal (8.79%), Fat: 6.56g (10.09%), Saturated Fat: 3g (18.72%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 25.18g (9.16%), Sugar: 13.76g (15.29%), Cholesterol: 23.14mg (7.71%), Sodium: 211.5mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.05mg (2.02%), Protein: 4.66g (9.31%), Manganese: 0.41mg (20.45%), Iron: 2.5mg (13.87%), Copper: 0.28mg (13.79%), Vitamin B1: 0.19mg (12.96%), Vitamin B2: 0.18mg (10.63%), Selenium: 6.57µg (9.39%), Folate: 33.98µg (8.49%), Fiber: 2.01g (8.02%), Magnesium: 31.26mg (7.81%), Phosphorus: 64.85mg (6.48%), Zinc: 0.93mg (6.22%), Vitamin B3: 1.19mg (5.96%), Vitamin B6: 0.11mg (5.52%), Calcium: 49.04mg (4.9%), Potassium: 130.73mg (3.74%), Vitamin C: 2.1mg (2.55%), Vitamin E: 0.37mg (2.49%), Vitamin B5: 0.23mg (2.25%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.91µg (1.82%), Vitamin B12: 0.11µg (1.79%), Vitamin A: 54.68IU (1.09%)