



## Chocolate Banana Bread

READY IN



70 min.

SERVINGS



12

CALORIES



582 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 6 bananas mashed
- ☐ 1 cup lite cream sour
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup butter softened
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

☐ 2 cups sugar white

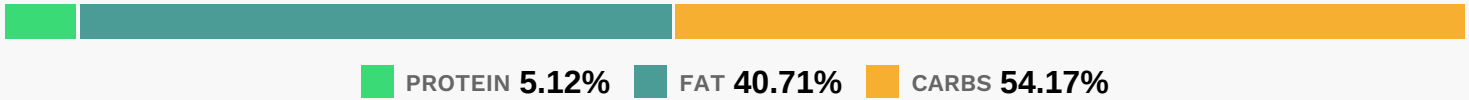
## Equipment

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

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
- ☐ In a large bowl, cream together margarine, sugar and eggs. Stir in bananas and vanilla. Sift in flour, baking soda and cocoa; mix well. Blend in sour cream and chocolate chips.
- ☐ Pour batter into prepared pans.
- ☐ Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of a loaf comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:16.66, Glycemic Load:47.05, Inflammation Score:-7, Nutrition Score:12.773043321527%

## Flavonoids

Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 582.38kcal (29.12%), Fat: 26.94g (41.45%), Saturated Fat: 9.12g (56.99%), Carbohydrates: 80.65g (26.88%), Net Carbohydrates: 76.41g (27.78%), Sugar: 46.88g (52.09%), Cholesterol: 66.77mg (22.26%), Sodium: 391.04mg (17%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Caffeine: 17.02mg (5.67%), Protein: 7.63g (15.25%), Manganese: 0.65mg (32.45%), Selenium: 18.11µg (25.88%), Folate: 77.79µg (19.45%), Vitamin B2: 0.32mg (18.96%), Vitamin B1: 0.28mg (18.76%), Vitamin A: 920.52IU (18.41%), Copper: 0.36mg (18.15%), Iron: 3.09mg (17.16%), Fiber:

4.24g (16.96%), Magnesium: 62.47mg (15.62%), Phosphorus: 146.88mg (14.69%), Vitamin B6: 0.27mg (13.61%),  
Vitamin B3: 2.44mg (12.19%), Potassium: 410.74mg (11.74%), Zinc: 1.08mg (7.22%), Vitamin B5: 0.69mg (6.89%),  
Vitamin E: 0.98mg (6.54%), Vitamin C: 5.34mg (6.48%), Calcium: 52.88mg (5.29%), Vitamin B12: 0.22µg (3.61%),  
Vitamin D: 0.29µg (1.96%), Vitamin K: 1.85µg (1.76%)