



Chocolate-Banana Bread

READY IN



225 min.

SERVINGS



16

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups pinenuts
- ☐ 0.8 cup sugar
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup buttermilk
- ☐ 2 teaspoons vanilla
- ☐ 1 eggs
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semisweet chocolate chips miniature
- ☐ 0.5 cup pinenuts

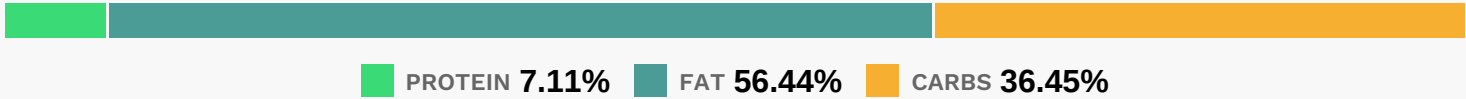
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 9x5-inch loaf pan with cooking spray.
- ☐ Place 2 cups cereal in resealable food-storage plastic bag or between sheets of waxed paper; crush with rolling pin to make 3/4 cup. Set aside.
- ☐ In large bowl, beat sugar and oil with electric mixer on low speed until well mixed. Beat in buttermilk, vanilla and egg just until blended; beat in bananas. Stir in flour, cocoa, baking soda and salt until well mixed. Stir in 3/4 cup crushed cereal and chocolate chips. Spoon into pan; spread evenly.
- ☐ Place 1/2 cup cereal in resealable food-storage plastic bag or between sheets of waxed paper; coarsely crush with rolling pin.
- ☐ Sprinkle over batter in pan; press lightly.
- ☐ Bake 1 hour 10 minutes to 1 hour 20 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:16.38, Inflammation Score:-4, Nutrition Score:13.109565296899%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 317.33kcal (15.87%), Fat: 20.75g (31.93%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 27.82g (10.12%), Sugar: 13.75g (15.28%), Cholesterol: 11.76mg (3.92%), Sodium: 122.2mg (5.31%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Caffeine: 7.33mg (2.44%), Protein: 5.88g (11.76%), Manganese: 2.11mg (105.41%), Copper: 0.43mg (21.33%), Magnesium: 75.81mg (18.95%), Phosphorus: 177.94mg (17.79%), Vitamin K: 18.16µg (17.29%), Vitamin E: 2.33mg (15.55%), Vitamin B1: 0.21mg (14.09%), Iron: 2.47mg (13.73%), Zinc: 1.79mg (11.91%), Selenium: 7.46µg (10.66%), Vitamin B2: 0.17mg (10.1%), Vitamin B3: 2mg (9.98%), Folate: 39.93µg (9.98%), Fiber: 2.34g (9.35%), Potassium: 244.5mg (6.99%), Vitamin B6: 0.07mg (3.66%), Vitamin B5: 0.27mg (2.69%), Calcium: 25.61mg (2.56%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.2µg (1.34%), Vitamin C: 0.98mg (1.19%)