



Chocolate Banana Bread

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 cups banana ripe mashed
- ☐ 0.3 lb butter at room temperature
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

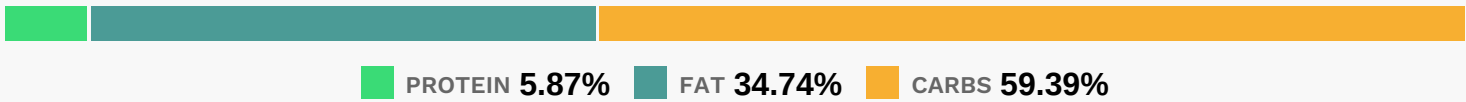
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Butter and flour a 9- by 5-inch loaf pan (8-cup capacity).
- ☐ In a bowl, with a mixer on high speed, beat 1/2 cup butter and the sugar until fluffy, about 3 minutes, scraping bowl occasionally.
- ☐ Add eggs and beat until well blended. Stir in bananas.
- ☐ In a small bowl, mix 1 1/2 cups flour, cocoa, baking powder, and salt; add to banana mixture and mix just until evenly moistened. Stir in pecans if using.
- ☐ Pour batter into prepared pan.
- ☐ Bake in a 350 regular or convection oven until a thin wood skewer inserted in center of loaf comes out clean, 45 to 55 minutes. Cool in pan on a rack for 10 minutes, then invert loaf from pan and cool completely on rack, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:27.11, Inflammation Score:-5, Nutrition Score:6.702608730482%

Flavonoids

Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg, Catechin: 3.23mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 268.28kcal (13.41%), Fat: 10.79g (16.61%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 41.52g (13.84%), Net Carbohydrates: 39.37g (14.32%), Sugar: 22.84g (25.38%), Cholesterol: 37.2mg (12.4%), Sodium: 366.01mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.59mg (2.2%), Protein: 4.11g (8.21%), Manganese: 0.3mg (15.13%), Selenium: 10.18µg (14.55%), Folate: 44.54µg (11.14%), Vitamin B1: 0.16mg (10.77%), Vitamin B2: 0.17mg (9.98%), Phosphorus: 94.94mg (9.49%), Vitamin A: 474.02IU (9.48%), Iron: 1.65mg (9.14%), Calcium: 87.39mg (8.74%), Fiber: 2.15g (8.62%), Copper: 0.16mg (8.1%), Vitamin B3: 1.33mg (6.65%), Magnesium: 26.37mg (6.59%), Vitamin B6: 0.11mg (5.61%), Potassium: 163.41mg (4.67%), Vitamin E: 0.49mg (3.29%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.33mg (3.27%), Vitamin C: 1.98mg (2.4%), Vitamin B12: 0.1µg (1.67%), Vitamin D: 0.2µg (1.33%)