



Chocolate Banana Bread

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



451 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup banana chips coarsely chopped
- ☐ 0.8 cup bananas ripe mashed (2 medium)
- ☐ 2 teaspoons cinnamon
- ☐ 2 large eggs
- ☐ 12 ounces prune- cut to pieces pitted
- ☐ 1 cup semi chocolate chips

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 cup walnuts chopped
- ☐ 1 cup pastry flour whole-wheat all-purpose (or)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ loaf pan
- ☐ toothpicks

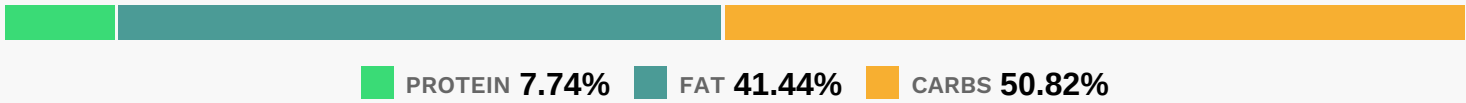
Directions

- ☐ In a small saucepan, bring prunes and 2 cups water to a boil over high heat. Reduce heat and simmer, uncovered, until prunes are very soft, about 20 minutes.
- ☐ Drain.
- ☐ Meanwhile, preheat oven to 35
- ☐ Lightly butter a 5- by 9-in. loaf pan and line bottom with a piece of parchment paper cut to fit.
- ☐ In a food processor, whirl prunes and bananas until very smooth.
- ☐ Add eggs and whirl to combine.
- ☐ In a large bowl, sift together flour, cocoa, baking powder, cinnamon, and baking soda. Stir in banana mixture until evenly moistened. Stir in nuts, banana chips, and chocolate chips. Scrape the thick batter into pan and spread level.
- ☐ Bake bread until a toothpick inserted in the center comes out a little chocolaty but not gooey, 45 to 50 minutes. Loosen bread from pan with a knife and invert onto a rack.
- ☐ Remove parchment. Turn bread right side up and let cool at least 1 hour before slicing.

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Shortcut: Substitute 12 oz. (1 1/2 cups) unsweetened prune baby food for the pitted prunes, and omit water and cooking in step

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:9.03, Inflammation Score:-7, Nutrition Score:19.900434592496%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg, Catechin: 4.34mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 450.96kcal (22.55%), Fat: 22.45g (34.55%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 51.52g (18.74%), Sugar: 28.65g (31.83%), Cholesterol: 47.85mg (15.95%), Sodium: 334.28mg (14.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 31.71mg (10.57%), Protein: 9.43g (18.86%), Manganese: 1.95mg (97.63%), Copper: 0.93mg (46.53%), Fiber: 10.44g (41.74%), Magnesium: 137.42mg (34.35%), Phosphorus: 284.5mg (28.45%), Vitamin K: 28.07µg (26.73%), Selenium: 16.85µg (24.07%), Iron: 4mg (22.24%), Potassium: 737.92mg (21.08%), Vitamin B6: 0.33mg (16.41%), Zinc: 2.22mg (14.82%), Calcium: 130.98mg (13.1%), Vitamin B2: 0.22mg (12.84%), Vitamin B1: 0.17mg (11.48%), Vitamin B3: 2.16mg (10.8%), Vitamin A: 430.02IU (8.6%), Folate: 33.81µg (8.45%), Vitamin B5: 0.71mg (7.08%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.15µg (2.53%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.25µg (1.67%)