



## Chocolate Banana Bread Pudding

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



647 kcal

DESSERT

### Ingredients

- ☐ 2 bananas sliced
- ☐ 4 eggs
- ☐ 4 cups bread french cubed
- ☐ 2 cups milk
- ☐ 1 cup semi chocolate chips
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup sugar white

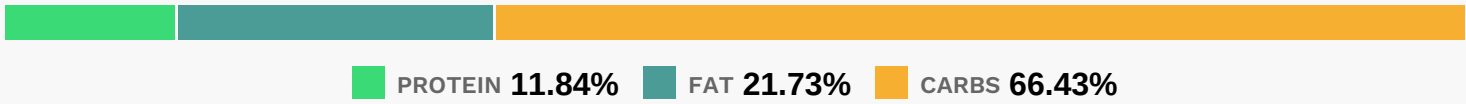
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ loaf pan
- ☐ roasting pan
- ☐ kitchen towels

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- ☐ In a large mixing bowl, mix eggs, milk, sugar, and vanilla until smooth. Stir in bread, bananas, and chocolate chips, and let rest 5 minutes for bread to soak.
- ☐ Pour into prepared pan.
- ☐ Line a roasting pan with a damp kitchen towel.
- ☐ Place loaf pan on towel inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with water to reach halfway up the sides of the loaf pan.
- ☐ Bake in preheated oven for 1 hour, or until a knife inserted in the center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:30.42, Glycemic Load:69.13, Inflammation Score:-7, Nutrition Score:23.000000031098%

## Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 647.28kcal (32.36%), Fat: 15.7g (24.16%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 108.03g (36.01%), Net Carbohydrates: 102.86g (37.4%), Sugar: 45.49g (50.55%), Cholesterol: 90.51mg (30.17%), Sodium: 769.49mg (33.46%), Alcohol: 0.56g (100%), Alcohol %: 0.25% (100%), Caffeine: 19.35mg (6.45%), Protein: 19.25g

(38.5%), Selenium: 44.08µg (62.97%), Vitamin B1: 0.9mg (59.96%), Manganese: 1.01mg (50.55%), Vitamin B2: 0.73mg (42.86%), Folate: 161.74µg (40.44%), Iron: 6.52mg (36.24%), Vitamin B3: 6.17mg (30.87%), Phosphorus: 294.47mg (29.45%), Copper: 0.5mg (25.15%), Magnesium: 95.57mg (23.89%), Fiber: 5.17g (20.68%), Calcium: 164.72mg (16.47%), Zinc: 2.41mg (16.06%), Vitamin B6: 0.32mg (15.88%), Potassium: 496.35mg (14.18%), Vitamin B5: 1.13mg (11.26%), Vitamin B12: 0.57µg (9.43%), Vitamin D: 1.11µg (7.41%), Vitamin A: 247.75IU (4.95%), Vitamin E: 0.67mg (4.48%), Vitamin C: 2.57mg (3.11%), Vitamin K: 2.84µg (2.71%)