

# **Chocolate-Banana-Peanut Butter Delight**

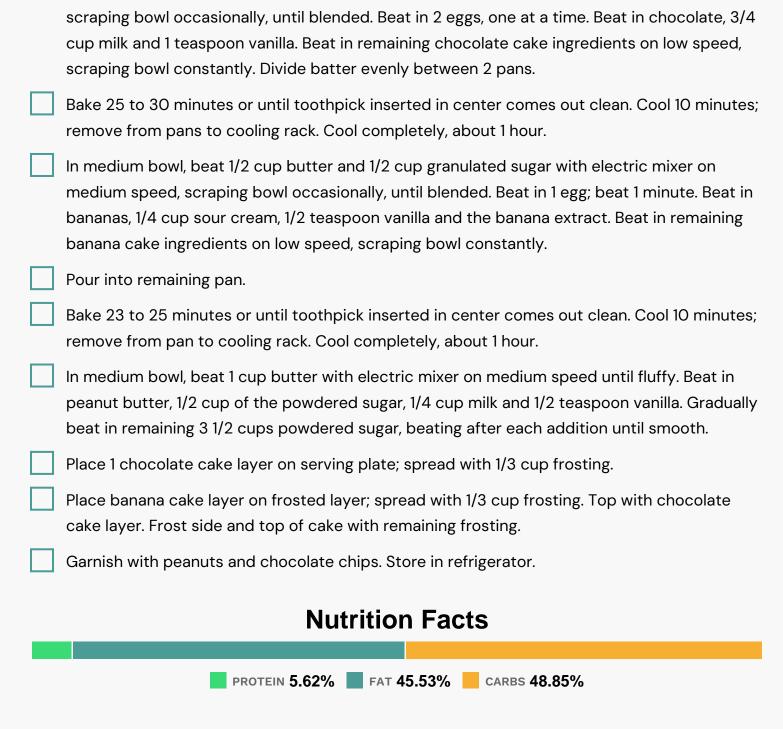


## Ingredients

3 oz bakers chocolate unsweetened
O.5 teaspoon double-acting baking powder
0.5 teaspoon baking soda
1 teaspoon baking soda
0.5 teaspoon banana extract
0.8 cup banana ripe mashed ()
0.5 cup butter softened
1 cup butter softened

16 servings chocolate chips

	1 cup creamy peanut butter
	1 eggs
	2 eggs
	1 cup flour all-purpose
	2 cups flour all-purpose
	0.5 cup granulated sugar
	1.3 cups granulated sugar
	0.3 cup milk
	0.8 cup milk
	16 servings peanuts
	4 cups powdered sugar
	0.3 teaspoon salt
	0.5 teaspoon salt
	0.3 cup cream sour
	0.5 cup cream sour
	0.5 teaspoon vanilla
	1 teaspoon vanilla
Eq	uipment
Ш	bowl
Ш	frying pan
	oven
	wire rack
	hand mixer
	toothpicks
Di	rections
	Heat oven to 350F. Grease and flour three 8- or 9-inch round cake pans. In medium bowl, beat 1/2 cup butter and 1 1/4 cups granulated sugar with electric mixer on medium speed,



### **Properties**

Glycemic Index:33.83, Glycemic Load:29.69, Inflammation Score:-7, Nutrition Score:11.485217501288%

#### **Flavonoids**

Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg, Epicatechin: 7.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

#### Nutrients (% of daily need)

Calories: 622.54kcal (31.13%), Fat: 32.62g (50.19%), Saturated Fat: 8.83g (55.2%), Carbohydrates: 78.74g (26.25%), Net Carbohydrates: 76.18g (27.7%), Sugar: 55.58g (61.76%), Cholesterol: 38.88mg (12.96%), Sodium: 518.45mg (22.54%), Alcohol: 0.13g (100%), Alcohol %: 0.1% (100%), Caffeine: 4.25mg (1.42%), Protein: 9.07g (18.14%),

Manganese: 0.67mg (33.52%), Vitamin B3: 3.85mg (19.23%), Selenium: 12.71μg (18.16%), Vitamin A: 902.15IU (18.04%), Folate: 66.79μg (16.7%), Vitamin B1: 0.24mg (15.94%), Phosphorus: 154.25mg (15.43%), Vitamin E: 2.31mg (15.38%), Copper: 0.3mg (14.99%), Vitamin B2: 0.25mg (14.9%), Magnesium: 58.19mg (14.55%), Iron: 2.54mg (14.14%), Fiber: 2.57g (10.27%), Zinc: 1.33mg (8.85%), Potassium: 253.93mg (7.26%), Vitamin B6: 0.14mg (7.12%), Calcium: 67.53mg (6.75%), Vitamin B5: 0.56mg (5.61%), Vitamin B12: 0.2μg (3.33%), Vitamin D: 0.33μg (2.22%)