



Chocolate-Banana Snack Cake



Dairy Free



Popular

READY IN



100 min.

SERVINGS



9

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 2 medium banana very ripe
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon vinegar white

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips

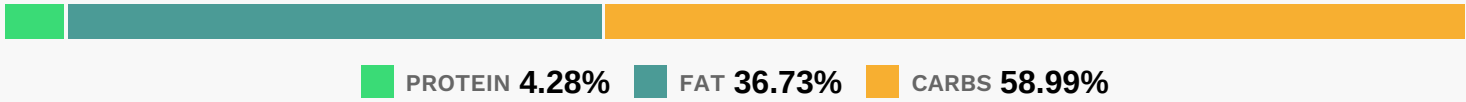
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F.
- ☐ Place bananas in ungreased 8-inch square pan; mash with fork. Stir in remaining ingredients except chocolate chips.
- ☐ Sprinkle chocolate chips over batter.
- ☐ Bake 35 to 37 minutes or until toothpick inserted in the center comes out clean. Cool completely, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:24.12, Inflammation Score:-3, Nutrition Score:6.3865217793247%

Flavonoids

Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 266.22kcal (13.31%), Fat: 11.27g (17.33%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 38.14g (13.87%), Sugar: 22.37g (24.85%), Cholesterol: 0.4mg (0.13%), Sodium: 188.59mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.23mg (3.74%), Protein: 2.96g (5.91%), Manganese: 0.37mg (18.52%), Vitamin K: 15.57µg (14.83%), Copper: 0.22mg (11.09%), Fiber: 2.57g (10.27%), Selenium: 7.15µg (10.22%), Vitamin B1: 0.15mg (9.89%), Folate: 37.78µg (9.44%), Iron: 1.64mg (9.1%), Magnesium: 34.65mg (8.66%), Vitamin B2: 0.12mg (6.89%), Vitamin B3: 1.31mg (6.54%), Phosphorus: 59.41mg (5.94%), Vitamin B6: 0.11mg (5.45%), Potassium:

186.92mg (5.34%), Vitamin E: 0.74mg (4.93%), Zinc: 0.5mg (3.35%), Vitamin C: 2.28mg (2.77%), Vitamin B5: 0.19mg (1.9%), Calcium: 11.61mg (1.16%)