



## Chocolate-Bourbon Banana Bread

READY IN



90 min.

SERVINGS



12

CALORIES



400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2 cups flour (all-purpose plus more for the pan)
- 1 tablespoon double-acting baking powder
- 0.5 teaspoon salt
- 4 oz butter (unsalted softened plus more for the pan)
- 1 cup granulated sugar
- 2 large eggs
- 1.5 cups bananas (ripe mashed (3 large))
- 1 teaspoon juice of lemon (fresh)
- 3 tablespoons bourbon (plus more for the baker)

- 1 cup walnut pieces coarsely chopped
- 6 oz semi chocolate chips dark chopped

## Equipment

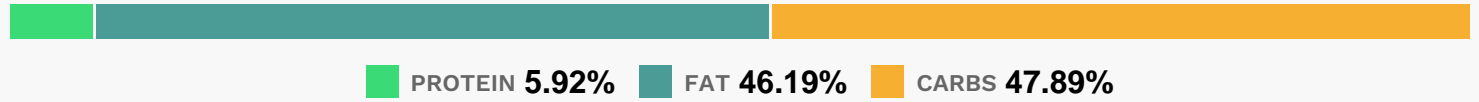
- bowl
- frying pan
- oven
- wire rack
- blender
- plastic wrap
- loaf pan
- wooden spoon
- stand mixer
- spatula
- skewers

## Directions

- Preheat the oven to 350°F (176°C) and place a rack in the center of the oven. Butter and flour a 9-by-5-inch loaf pan, tapping out any excess flour.
- In a medium bowl, combine the flour, baking powder, and salt.
- In the bowl of an electric stand mixer fitted with a paddle attachment, beat the butter and sugar until light and fluffy, 3 to 5 minutes.
- Add the eggs, 1 at a time, beating for 1 minute between additions. Stop the mixer and scrape down the sides of the bowl.
- Add the bananas, lemon juice, and bourbon and beat with the paddle until well incorporated. The mixture may look curdled, but that's okay.
- Turn the mixer to low, add the flour mixture all at once, and beat until almost completely incorporated. Stop the mixer, add the walnuts and chocolate, and stir by hand with a spatula or wooden spoon just until incorporated. Spoon the mixture into the prepared loaf pan.

- Bake for 45 minutes to 1 hour, until a skewer inserted in the center of the loaf comes out clean.
- Let the loaf cool in the pan for 20 minutes before inverting it onto a wire rack and letting it cool completely, if you can manage to keep your hands off it. The banana bread will keep, wrapped tightly in plastic wrap, for up to 5 days at room temperature. [Editor's Note: Hah! Good luck making it last 5 days let alone 5 hours...]

## Nutrition Facts



### Properties

Glycemic Index:27.24, Glycemic Load:26.64, Inflammation Score:-5, Nutrition Score:10.027391221212%

### Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 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: 399.82kcal (19.99%), Fat: 20.6g (31.69%), Saturated Fat: 8.9g (55.62%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 44.96g (16.35%), Sugar: 25.63g (28.47%), Cholesterol: 52.17mg (17.39%), Sodium: 218.29mg (9.49%), Alcohol: 1.25g (100%), Alcohol %: 1.41% (100%), Caffeine: 12.19mg (4.06%), Protein: 5.94g (11.88%), Manganese: 0.74mg (37.16%), Copper: 0.39mg (19.68%), Selenium: 11.77µg (16.81%), Folate: 57.59µg (14.4%), Vitamin B1: 0.21mg (14.28%), Phosphorus: 140.14mg (14.01%), Iron: 2.49mg (13.82%), Magnesium: 54.02mg (13.5%), Fiber: 3.08g (12.34%), Vitamin B2: 0.19mg (11.16%), Vitamin B6: 0.18mg (9.21%), Calcium: 88.82mg (8.88%), Vitamin B3: 1.66mg (8.28%), Potassium: 261.17mg (7.46%), Zinc: 0.98mg (6.56%), Vitamin A: 308.21IU (6.16%), Vitamin B5: 0.42mg (4.22%), Vitamin E: 0.5mg (3.33%), Vitamin C: 2.73mg (3.31%), Vitamin K: 2.17µg (2.07%), Vitamin D: 0.31µg (2.06%), Vitamin B12: 0.12µg (1.93%)