



HEALTH SCORE

57%

Chocolate Chip and Cherry-Banana Bread

READY IN



145 min.

SERVINGS



1

CALORIES



4886 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter softened
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.5 cup cream sour
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup semisweet chocolate chips miniature

- ☐ 1 cup candied cherries green red halved
- ☐ 0.5 cup nuts chopped

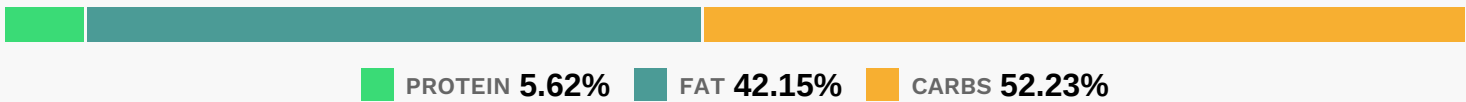
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 1 loaf pan, 9x5x3 inches, or 2 loaf pans, 8 1/2x4 1/2x2 1/2 inches, with shortening; lightly flour.
- ☐ Beat sugar and butter in large bowl with electric mixer on medium speed, or mix with spoon, until well mixed. Beat in bananas, sour cream and eggs. Stir in flour, baking soda and salt. Stir in chocolate chips, cherries and nuts.
- ☐ Pour into pan(s).
- ☐ Bake 45 to 55 minutes or until toothpick inserted in center comes out clean (if bread becomes too brown, cover loosely with aluminum foil about 10 minutes before end of bake time). Cool 15 minutes. Loosen sides of loaf from pan(s); remove from pan(s) to wire rack. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:229.54, Glycemic Load:280.08, Inflammation Score:-10, Nutrition Score:69.909130511077%

Flavonoids

Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 4886.42kcal (244.32%), Fat: 231.31g (355.86%), Saturated Fat: 77.99g (487.42%), Carbohydrates: 644.82g (214.94%), Net Carbohydrates: 611.12g (222.23%), Sugar: 317.2g (352.44%), Cholesterol: 405.86mg (135.29%), Sodium: 3523.06mg (153.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 152.6mg (50.87%), Protein: 69.43g (138.86%), Manganese: 6.12mg (305.76%), Selenium: 143.93µg (205.62%), Copper: 3.75mg (187.64%), Vitamin B1: 2.52mg (168.31%), Iron: 29.02mg (161.24%), Folate: 630.08µg (157.52%), Magnesium: 602.17mg (150.54%), Vitamin B2: 2.4mg (140.92%), Phosphorus: 1399.04mg (139.9%), Fiber: 33.7g (134.8%), Vitamin B3: 22.67mg (113.36%), Vitamin A: 5447.07IU (108.94%), Zinc: 11.16mg (74.43%), Potassium: 2589.97mg (74%), Vitamin B6: 1.15mg (57.73%), Vitamin B5: 4.96mg (49.64%), Vitamin E: 6.25mg (41.63%), Calcium: 411.8mg (41.18%), Vitamin B12: 1.46µg (24.29%), Vitamin C: 14.6mg (17.7%), Vitamin K: 16.36µg (15.58%), Vitamin D: 1.76µg (11.73%)