



Chocolate Chip Banana Bread II



Dairy Free



Popular

READY IN



90 min.

SERVINGS



12

CALORIES



588 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 6 bananas very ripe mashed
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips

- ☐ 1 cup shortening
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

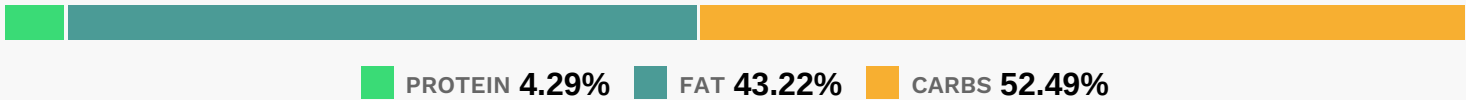
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. Stir in the eggs one at a time, beating well with each addition. Stir in the mayonnaise and bananas. Stir together the flour, salt, baking powder and baking soda. Blend the flour mixture into the banana mixture; stir just enough to evenly combine. Fold in the chocolate chips and walnuts.
- ☐ Bake at 350 degrees F (175 degrees C) until a toothpick inserted into the center of the loaf comes out clean, about 50 to 75 minutes. Cool loaf in the pan for 20 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:30.16, Glycemic Load:47.21, Inflammation Score:-4, Nutrition Score:11.963478249052%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 588.46kcal (29.42%), Fat: 28.9g (44.46%), Saturated Fat: 8.4g (52.5%), Carbohydrates: 78.97g (26.32%), Net Carbohydrates: 75.1g (27.31%), Sugar: 46.07g (51.19%), Cholesterol: 29.14mg (9.71%), Sodium: 343.65mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.54mg (4.18%), Protein: 6.45g (12.9%), Manganese: 0.74mg (36.8%), Selenium: 15.15µg (21.65%), Vitamin B1: 0.29mg (19.43%), Folate: 77.33µg (19.33%), Copper: 0.36mg (17.93%), Iron: 2.87mg (15.92%), Fiber: 3.87g (15.49%), Vitamin B2: 0.25mg (14.83%), Magnesium: 57.17mg (14.29%), Vitamin K: 14.48µg (13.79%), Vitamin B6: 0.27mg (13.71%), Phosphorus: 123.83mg (12.38%), Vitamin B3: 2.42mg (12.1%), Potassium: 360.18mg (10.29%), Vitamin E: 1.4mg (9.32%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.95mg (6.31%), Vitamin C: 5.2mg (6.3%), Calcium: 45.9mg (4.59%), Vitamin A: 87.14IU (1.74%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.15µg (1.01%)