



## Chocolate Chip-Espresso Banana Bread

READY IN



70 min.

SERVINGS



4

CALORIES



855 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1.5 cups banana very ripe mashed (3 to 4 bananas)
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1.5 cup flour all-purpose
- ☐ 1 teaspoon espresso powder instant
- ☐ 1 teaspoon baking soda

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt
- ☐ 6 oz semi chocolate chips

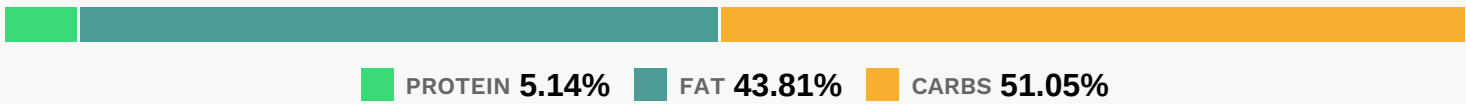
## Equipment

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

## Directions

- ☐ Heat oven to 325°F. Spray two 8x4-inch loaf pans with canola oil cooking spray.
- ☐ In medium bowl, stir together bananas, 1/2 cup of the granulated sugar, the brown sugar, melted butter, vanilla and eggs. In another medium bowl, stir together flour, espresso powder, baking soda, baking powder and salt.
- ☐ Add flour mixture to banana mixture, stirring to combine. Stir in chocolate chips.
- ☐ Pour into loaf pans.
- ☐ Sprinkle remaining 1 tablespoon granulated sugar on top.
- ☐ Bake 40 to 45 minutes or until brown and firm to the touch. Cool 10 minutes.
- ☐ Remove from pans, and place top sides up on cooling rack. Cool completely before slicing.

## Nutrition Facts



## Properties

Glycemic Index:85.47, Glycemic Load:50.2, Inflammation Score:-7, Nutrition Score:19.653043529262%

## Flavonoids

Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg 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:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 855.4kcal (42.77%), Fat: 42.12g (64.8%), Saturated Fat: 24.78g (154.86%), Carbohydrates: 110.46g (36.82%), Net Carbohydrates: 104.32g (37.94%), Sugar: 61.11g (67.9%), Cholesterol: 145.4mg (48.47%), Sodium: 1343.7mg (58.42%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Caffeine: 44.42mg (14.81%), Protein: 11.12g (22.24%), Manganese: 1.06mg (52.97%), Selenium: 27.42µg (39.17%), Copper: 0.67mg (33.39%), Iron: 5.8mg (32.23%), Phosphorus: 280.08mg (28.01%), Vitamin B1: 0.41mg (27.29%), Folate: 108.36µg (27.09%), Magnesium: 106.42mg (26.6%), Fiber: 6.14g (24.54%), Vitamin B2: 0.41mg (24.09%), Calcium: 214.72mg (21.47%), Vitamin B3: 3.62mg (18.08%), Vitamin A: 885.15IU (17.7%), Potassium: 559.55mg (15.99%), Vitamin B6: 0.29mg (14.29%), Zinc: 1.86mg (12.39%), Vitamin B5: 0.91mg (9.08%), Vitamin E: 1.22mg (8.16%), Vitamin C: 4.89mg (5.93%), Vitamin B12: 0.32µg (5.34%), Vitamin K: 5.54µg (5.28%), Vitamin D: 0.44µg (2.93%)