



Chocolate Chip Zucchini Greek Yogurt Banana Bread

♡ Popular

READY IN



70 min.

SERVINGS



8

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup chocolate chips dark (optional, or 1 cup blueberries)
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup greek yogurt

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 large over-ripe bananas mashed
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cups flour whole wheat
- ☐ 1 cup zucchini grated drained

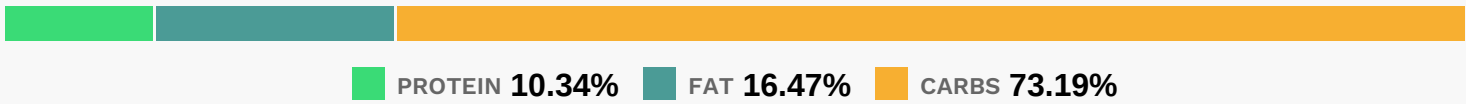
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Mix the flour, baking powder, baking soda, salt and cinnamon in a large bowl.
- ☐ Mix brown sugar, bananas, eggs, vanilla extract, yogurt, zucchini and chocolate chips in another large bowl.
- ☐ Mix the dry ingredients into the wet ingredients.
- ☐ Pour the mixture into a greased 9x5 inch loaf pan.
- ☐ Bake in a preheated 350F oven until golden brown and a toothpick poked into the center comes out clean, about 60 minutes.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:14.45, Inflammation Score:-4, Nutrition Score:10.848260848419%

Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg 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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 281.52kcal (14.08%), Fat: 5.28g (8.12%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 52.79g (17.6%), Net Carbohydrates: 49.19g (17.89%), Sugar: 24.39g (27.1%), Cholesterol: 41.66mg (13.89%), Sodium: 305.1mg (13.27%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7.46g (14.91%), Manganese: 0.78mg (39.07%), Selenium: 18.16µg (25.94%), Vitamin B6: 0.31mg (15.62%), Vitamin B2: 0.25mg (14.91%), Vitamin B1: 0.22mg (14.69%), Fiber: 3.6g (14.41%), Folate: 56.02µg (14%), Phosphorus: 138.72mg (13.87%), Potassium: 404.3mg (11.55%), Magnesium: 43.67mg (10.92%), Calcium: 107.51mg (10.75%), Vitamin B3: 2.06mg (10.3%), Iron: 1.83mg (10.17%), Vitamin C: 7.27mg (8.82%), Copper: 0.15mg (7.73%), Zinc: 1.14mg (7.6%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.22µg (3.61%), Vitamin E: 0.46mg (3.03%), Vitamin A: 126.05IU (2.52%), Vitamin K: 2.12µg (2.02%), Vitamin D: 0.22µg (1.47%)