



Chocolate Chunk-Banana Bread

READY IN



70 min.

SERVINGS



10

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup fully bananas ripe mashed (3)
- 2 tsp calumet baking powder
- 2 eggs beaten
- 2 cups flour
- 0.3 cup milk
- 0.3 cup oil
- 0.3 tsp salt
- 4 oz baker's semi-sweet chocolate coarsely chopped (6 oz.)
- 1 cup sugar

0.5 cup planters walnuts chopped

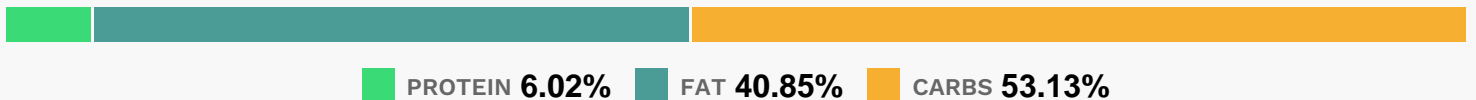
Equipment

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

Directions

- Heat oven to 350F.
- Combine flour, sugar, baking powder and salt.
- Mix eggs, bananas, oil and milk in large bowl until blended.
- Add flour mixture; stir just until moistened. Stir in chocolate and nuts.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 55 min. or until toothpick inserted in center comes out clean. Cool bread in pan 10 min.; remove to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:34.99, Glycemic Load:29.87, Inflammation Score:-3, Nutrition Score:9.1356522104015%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 368.05kcal (18.4%), Fat: 17.02g (26.18%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 47.42g (17.24%), Sugar: 26.5g (29.44%), Cholesterol: 34.15mg (11.38%), Sodium: 181.05mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 5.64g (11.28%), Manganese: 0.56mg (28.24%), Selenium: 12.8µg (18.29%), Vitamin B1: 0.23mg (15.43%), Folate: 58.62µg (14.65%), Copper: 0.29mg (14.51%), Iron: 2.36mg (13.11%), Phosphorus: 125.52mg (12.55%), Vitamin B2: 0.2mg (11.84%), Vitamin E: 1.54mg (10.27%), Magnesium: 40.81mg (10.2%), Fiber: 2.37g (9.46%), Calcium: 88.69mg (8.87%), Vitamin B3: 1.75mg (8.75%), Vitamin K: 6.49µg (6.18%), Vitamin B6: 0.12mg (6%), Potassium: 192.45mg (5.5%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.13µg (2.19%), Vitamin C: 1.38mg (1.67%), Vitamin D: 0.24µg (1.62%), Vitamin A: 73.84IU (1.48%)