



Chocolate Chunk-Banana Bread Mix

READY IN



65 min.

SERVINGS



18

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup fully bananas ripe mashed (3)
- 18 servings to bake bread
- 2 tsp calumet baking powder
- 18 servings bread mix
- 2 eggs
- 2 cups flour
- 0.3 cup milk
- 0.3 cup oil
- 0.3 tsp salt

- 4 oz baker's semi-sweet chocolate chopped
- 1 cup sugar
- 0.5 cup planters walnuts chopped

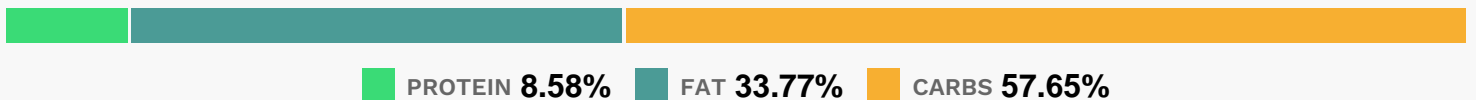
Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks
- aluminum foil
- ziploc bags

Directions

- Bread
- Mix
- Place ingredients in 1-gal. resealable plastic bag; seal bag.
- Place bag in disposable 9x5-inch foil loaf pan, then place in decorative gift bag. Store at room temperature until ready to prepare or give as a gift.
- Bake Bread
- Heat oven to 350F.
- Whisk eggs, oil and milk in large bowl until blended. Stir in bananas.
- Add Bread
- Mix; stir just until moistened. Spray foil loaf pan with cooking spray; fill with batter.
- Bake 55 min. or until toothpick inserted in center comes out clean. Cool completely.

Nutrition Facts



Properties

Glycemic Index:22.7, Glycemic Load:23.74, Inflammation Score:-3, Nutrition Score:8.8573913159578%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 285.37kcal (14.27%), Fat: 10.84g (16.68%), Saturated Fat: 2.37g (14.78%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 39.16g (14.24%), Sugar: 16.53g (18.37%), Cholesterol: 18.99mg (6.33%), Sodium: 241.19mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.42mg (1.81%), Protein: 6.2g (12.4%), Manganese: 0.65mg (32.53%), Selenium: 15.23µg (21.76%), Vitamin B1: 0.25mg (16.53%), Folate: 57.3µg (14.32%), Iron: 2.34mg (13.02%), Vitamin B3: 2.57mg (12.85%), Phosphorus: 110.74mg (11.07%), Vitamin B2: 0.19mg (10.89%), Copper: 0.2mg (10.17%), Fiber: 2.5g (10%), Magnesium: 34.39mg (8.6%), Calcium: 84.84mg (8.48%), Vitamin E: 0.91mg (6.07%), Zinc: 0.75mg (5.01%), Vitamin B6: 0.1mg (4.95%), Vitamin K: 5.03µg (4.79%), Vitamin B5: 0.45mg (4.48%), Potassium: 147.53mg (4.22%), Vitamin B12: 0.07µg (1.23%)