



Chocolate Chunk-Banana Bread Mix

READY IN



65 min.

SERVINGS



5

CALORIES



817 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup fully bananas ripe mashed (3)
- 5 servings to bake bread
- 2 tsp calumet baking powder
- 5 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

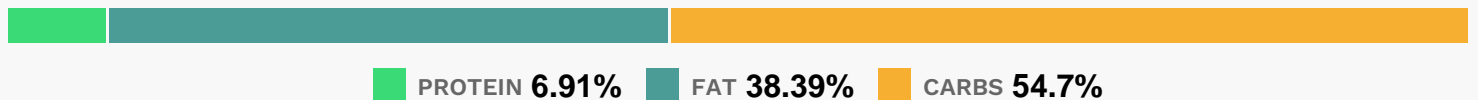
Equipment

- 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:81.71, Glycemic Load:66.88, Inflammation Score:-6, Nutrition Score:22.055652203767%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 816.99kcal (40.85%), Fat: 35.42g (54.5%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 113.57g (37.86%), Net Carbohydrates: 107.65g (39.15%), Sugar: 54.81g (60.9%), Cholesterol: 68.32mg (22.77%), Sodium: 502.71mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 14.34g (28.68%), Manganese: 1.47mg (73.32%), Selenium: 33.73µg (48.18%), Vitamin B1: 0.58mg (38.81%), Folate: 141.97µg (35.49%), Iron: 5.75mg (31.97%), Copper: 0.62mg (31.13%), Phosphorus: 292.05mg (29.2%), Vitamin B2: 0.48mg (27.98%), Vitamin B3: 5.1mg (25.49%), Fiber: 5.92g (23.67%), Magnesium: 93.34mg (23.34%), Calcium: 212.95mg (21.3%), Vitamin E: 3.13mg (20.9%), Vitamin K: 14.41µg (13.72%), Vitamin B6: 0.27mg (13.62%), Zinc: 1.94mg (12.91%), Potassium: 425.51mg (12.16%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.26µg (4.4%), Vitamin C: 2.82mg (3.42%), Vitamin D: 0.49µg (3.24%), Vitamin A: 149.39IU (2.99%)