



Chocolate Chunk Walnut Banana Bread

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3582 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 tsp baking soda
- 1 cup bananas ripe mashed
- 2 tsp calumet baking powder
- 2 eggs
- 2 cups flour
- 0.3 cup milk
- 1 cup granular no-calorie sweetener
- 0.3 cup oil

- 0.3 tsp salt
- 4 oz baker's semi-sweet chocolate coarsely chopped (6 oz.)
- 0.5 cup planters walnuts chopped

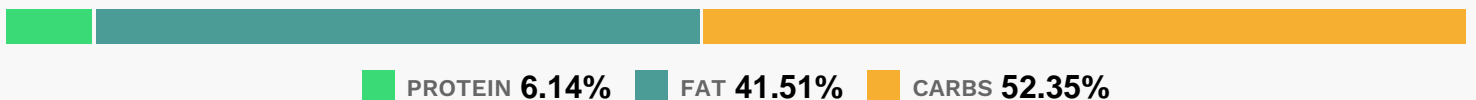
Equipment

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

Directions

- Preheat oven to 350F.
- Combine flour, granulated sweetener, baking powder, baking soda and salt; set aside. Beat eggs, oil and milk in large bowl with wire whisk until well blended. Stir in bananas.
- Add dry ingredients; stir just until moistened. Stir in chopped chocolate and walnuts.
- Pour into greased 9x5-inch loaf pan.
- Bake 45 min. or until toothpick inserted in center comes out clean. Cool 10 min.
- Remove from pan; cool completely on wire rack.
- Cut into 18 slices to serve.

Nutrition Facts



Properties

Glycemic Index:329.78, Glycemic Load:250.25, Inflammation Score:-10, Nutrition Score:70.007826017297%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 3582.46kcal (179.12%), Fat: 169.52g (260.8%), Saturated Fat: 38.51g (240.68%), Carbohydrates: 481.09g (160.36%), Net Carbohydrates: 457.42g (166.34%), Sugar: 225.99g (251.1%), Cholesterol: 341.48mg (113.83%), Sodium: 2437.8mg (105.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 97.52mg (32.51%), Protein: 56.38g (112.76%), Manganese: 5.64mg (281.97%), Selenium: 126.84µg (181.2%), Vitamin B1: 2.31mg (154.28%), Folate: 586.19µg (146.55%), Copper: 2.89mg (144.39%), Iron: 23.51mg (130.59%), Phosphorus: 1255.2mg (125.52%), Vitamin B2: 1.97mg (116.13%), Vitamin E: 15.4mg (102.66%), Magnesium: 408.11mg (102.03%), Fiber: 23.66g (94.65%), Calcium: 884.91mg (88.49%), Vitamin B3: 17.49mg (87.47%), Vitamin K: 64.93µg (61.84%), Vitamin B6: 1.2mg (60%), Potassium: 1928.51mg (55.1%), Zinc: 8.18mg (54.5%), Vitamin B5: 3.85mg (38.46%), Vitamin B12: 1.32µg (21.95%), Vitamin C: 13.81mg (16.74%), Vitamin D: 2.43µg (16.21%), Vitamin A: 738.42IU (14.77%)