

Afrolens

 1%  
HEALTH SCORE

## Chocolate Coconut Banana Bread

READY IN



45 min.

SERVINGS



20

CALORIES



334 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2.7 cups flour
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 4 banana ripe
- 9 tablespoon butter softened
- 0.5 cup coconut flakes
- 0.5 cup coconut flakes
- 4 eggs
- 1 pinch salt

- 0.5 cup bittersweet chocolate
- 3.7 cups sugar

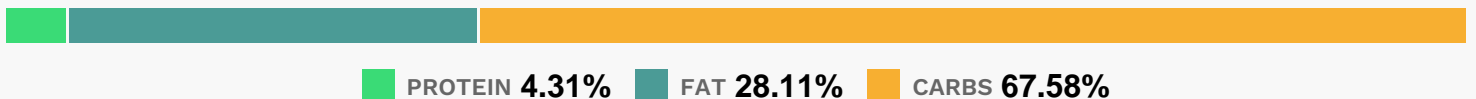
## Equipment

- bowl
- oven
- baking pan

## Directions

- Combine the wet ingredients in a bowl.
- Combine the dry ingredients in a separate bowl except the coconut flakes and chocolate chips. Pre-heat your oven to 375F.
- Combine both wet and dry ingredients and beat till the mixture is smooth. Grease your baking pans with some oil and pour in mixture into baking pans (this recipe makes enough for two loaves). Top it with the chocolate chips and coconut flakes.
- Place in the oven and bake for 30-35 minutes.
- Serve warm with tea or coffee

## Nutrition Facts



## Properties

Glycemic Index:17.09, Glycemic Load:37.44, Inflammation Score:-3, Nutrition Score:5.8634782608696%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 7.37%, Sourness: 6.97%, Bitterness: 4.76%, Savoriness: 6.65%, Fattiness: 30.81%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 334.03kcal (16.7%), Fat: 10.72g (16.5%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 58.01g (19.34%), Net Carbohydrates: 55.91g (20.33%), Sugar: 41.47g (46.08%), Cholesterol: 46.54mg (15.51%), Sodium: 82.17mg (3.57%), Caffeine: 3.76mg (1.25%), Protein: 3.7g (7.4%), Manganese: 0.36mg (17.8%), Selenium: 10.02µg (14.32%), Folate: 39.93µg (9.98%), Vitamin B1: 0.15mg (9.73%), Vitamin B2: 0.16mg (9.13%), Fiber: 2.11g (8.43%), Iron: 1.44mg (7.98%), Copper: 0.14mg (6.99%), Phosphorus: 64.45mg (6.44%), Vitamin B6: 0.12mg (6.17%), Vitamin B3: 1.21mg (6.06%), Magnesium: 22.77mg (5.69%), Potassium: 164.61mg (4.7%), Vitamin A: 222.25IU (4.44%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.48mg (3.18%), Vitamin C: 2.12mg (2.57%), Vitamin E: 0.32mg (2.11%), Calcium: 20.18mg (2.02%), Vitamin B12: 0.1µg (1.62%), Vitamin D: 0.18µg (1.17%)