



## Chocolate-Glazed Banana Bread

READY IN



140 min.

SERVINGS



20

CALORIES



208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 tsp baking soda
- 1 cup fully bananas ripe mashed ( 3)
- 0.3 cup butter softened
- 1.5 tsp calumet baking powder
- 1 cup knudsen cream sour
- 2 eggs
- 2.3 cups flour
- 0.5 tsp salt
- 2 oz baker's semi-sweet chocolate

- 1 cup sugar
- 1 cup planters walnuts chopped
- 3 Tbsp whipping cream

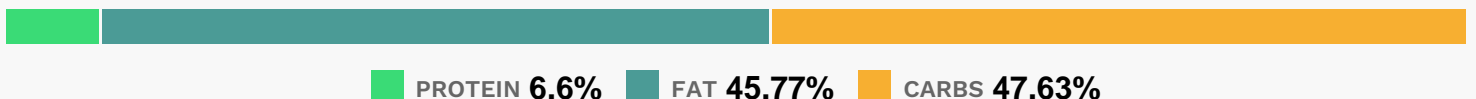
## Equipment

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

## Directions

- Heat oven to 350F.
- Combine flour, baking powder, baking soda and salt. Beat butter and sugar in large bowl with mixer until blended.
- Add bananas, sour cream and eggs; mix well.
- Add flour mixture; mix just until moistened. Stir in nuts.
- Pour into greased and floured 9x5-inch loaf pan.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool 5 min.
- Remove from pan to wire rack; cool completely.
- Cook chocolate and cream in small saucepan on low heat 3 to 5 min. or until chocolate is completely melted, stirring frequently. Cool 5 min. or until slightly thickened.
- Drizzle over bread; let stand until firm.

## Nutrition Facts



## Properties

Glycemic Index:18.09, Glycemic Load:15.75, Inflammation Score:-3, Nutrition Score:5.136521735917%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 208.29kcal (10.41%), Fat: 10.86g (16.7%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 24.23g (8.81%), Sugar: 12.6g (14%), Cholesterol: 31.97mg (10.66%), Sodium: 158.87mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Manganese: 0.36mg (17.83%), Selenium: 7.3µg (10.43%), Vitamin B1: 0.14mg (9.21%), Folate: 35.9µg (8.98%), Copper: 0.16mg (8.04%), Vitamin B2: 0.13mg (7.74%), Phosphorus: 72.1mg (7.21%), Iron: 1.16mg (6.42%), Magnesium: 21.35mg (5.34%), Vitamin B3: 0.99mg (4.93%), Calcium: 48.39mg (4.84%), Fiber: 1.19g (4.78%), Vitamin A: 206.78IU (4.14%), Vitamin B6: 0.08mg (3.96%), Zinc: 0.47mg (3.13%), Potassium: 107.32mg (3.07%), Vitamin B5: 0.24mg (2.43%), Vitamin E: 0.25mg (1.67%), Vitamin B12: 0.08µg (1.28%), Vitamin C: 0.85mg (1.02%)