



Chocolate-Hazelnut Banana Bread

READY IN



62 min.

SERVINGS



16

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 2 medium bananas ripe sliced
- ☐ 1 ounce bittersweet chocolate finely chopped
- ☐ 0.5 cup brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 0.7 cup buttermilk whole
- ☐ 3 tablespoons canola oil divided
- ☐ 5 tablespoons chocolate-hazelnut spread (such as Nutella)

- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup hazelnuts coarsely chopped
- ☐ 0.5 teaspoon salt

Equipment

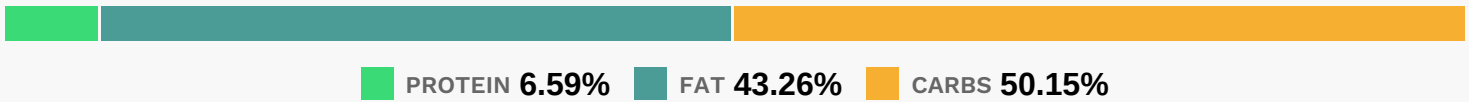
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine chocolate-hazelnut spread and 1 teaspoon oil in a microwave-safe dish; microwave at HIGH for 30 seconds or until melted. Stir.
- ☐ Combine 3 tablespoons oil, butter, brown sugar, and banana in a large bowl; beat with a mixer at medium-high speed until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, baking powder, and salt. Beating at low speed, add flour mixture and buttermilk alternately to banana mixture, beginning and ending with flour mixture; beat just until combined. Scrape half of batter into a 9 x 5-inch metal loaf pan coated with baking spray, and top with chocolate-hazelnut spread mixture.
- ☐ Spread remaining batter over chocolate mixture. Using a wooden pick, swirl batter.
- ☐ Sprinkle batter with hazelnuts.

- ☐
- Bake at 350 for 55 minutes or until a wooden pick comes out with moist crumbs clinging.Cool 10 minutes in pan on a wire rack.
- ☐
- Remove bread; cool on wire rack.
- ☐
- Place bittersweet chocolate in a microwave–safe dish; microwave at high for 30 seconds.
- ☐
- Drizzle bread with chocolate; let stand until set.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:9.27, Inflammation Score:-2, Nutrition Score:5.1739130642103%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 192.33kcal (9.62%), Fat: 9.38g (14.43%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 23.13g (8.41%), Sugar: 12.87g (14.3%), Cholesterol: 30.1mg (10.03%), Sodium: 178.33mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Manganese: 0.32mg (15.8%), Selenium: 6.92µg (9.89%), Vitamin B1: 0.12mg (8.1%), Vitamin E: 1.19mg (7.95%), Folate: 30.91µg (7.73%), Vitamin B2: 0.13mg (7.54%), Iron: 1.21mg (6.73%), Copper: 0.12mg (6.01%), Phosphorus: 59.25mg (5.93%), Fiber: 1.34g (5.34%), Magnesium: 18.89mg (4.72%), Vitamin B6: 0.09mg (4.62%), Vitamin B3: 0.89mg (4.43%), Potassium: 143.61mg (4.1%), Calcium: 40.7mg (4.07%), Vitamin B5: 0.29mg (2.9%), Vitamin K: 2.72µg (2.59%), Zinc: 0.38mg (2.54%), Vitamin A: 126.72IU (2.53%), Vitamin B12: 0.12µg (2.08%), Vitamin C: 1.4mg (1.7%), Vitamin D: 0.25µg (1.7%)