



Chocolate-Hazelnut Swirled Banana Bread

 Vegetarian

READY IN



160 min.

SERVINGS



12

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups flour all-purpose
- 0.8 teaspoon baking soda
- 0.5 teaspoon salt
- 0.3 cup butter unsalted softened
- 1 cup sugar
- 2 large eggs
- 1.5 cups banana ripe mashed
- 0.3 cup yogurt plain low-fat

- 1 teaspoon vanilla
- 0.5 cup nutella with cocoa nutella®

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- loaf pan
- hand mixer
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350°F. Spray 9×5-inch loaf pan with cooking spray.
- In medium bowl, mix flour, baking soda and salt; set aside.
- In large bowl, beat butter and sugar with electric mixer on medium speed until well blended.
- Add eggs, one at a time, beating well after each addition.
- Add bananas, yogurt and vanilla; beat until blended.
- Add flour mixture; beat at low speed just until flour is incorporated (do not overmix).
- Spoon hazelnut spread into medium microwavable bowl. Microwave uncovered on High about 15 seconds or until softened. Stir in 1 cup of the banana bread batter until well blended. Spoon 1/3 of the plain banana bread batter into loaf pan, top with half of the hazelnut batter; repeat layers ending with plain banana bread batter on top. Insert knife into batter, and swirl slightly.
- Bake 60 to 70 minutes or until toothpick inserted in center comes out clean. After 45 minutes, check top of bread for browning. If it's browning too quickly, cover lightly with foil for remainder of bake time. Cool 15 minutes in pan; remove from pan to cooling rack. Cool completely.

Nutrition Facts

PROTEIN 6.46% FAT 28.44% CARBS 65.1%

Properties

Glycemic Index:19.1, Glycemic Load:27.3, Inflammation Score:-3, Nutrition Score:6.3004347293273%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 275.13kcal (13.76%), Fat: 8.77g (13.49%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 43.43g (15.79%), Sugar: 26.28g (29.2%), Cholesterol: 41.58mg (13.86%), Sodium: 188.34mg (8.19%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 4.48g (8.96%), Manganese: 0.31mg (15.28%), Selenium: 10.63µg (15.19%), Vitamin B1: 0.19mg (12.44%), Folate: 48.43µg (12.11%), Vitamin B2: 0.2mg (11.51%), Iron: 1.72mg (9.58%), Phosphorus: 73.08mg (7.31%), Vitamin B3: 1.43mg (7.13%), Fiber: 1.73g (6.9%), Vitamin E: 0.85mg (5.67%), Copper: 0.11mg (5.62%), Vitamin B6: 0.11mg (5.3%), Magnesium: 19.94mg (4.98%), Potassium: 169.7mg (4.85%), Vitamin B5: 0.37mg (3.72%), Calcium: 36.08mg (3.61%), Vitamin A: 179.03IU (3.58%), Zinc: 0.48mg (3.21%), Vitamin B12: 0.15µg (2.57%), Vitamin C: 1.69mg (2.04%), Vitamin D: 0.24µg (1.58%)