



Chocolate-Marbled Banana Bread

READY IN



80 min.

SERVINGS



20

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tsp baking soda
- 1.3 cups fully bananas ripe mashed (3)
- 1 eggs
- 1.5 cups flour
- 0.5 cup miracle whip dressing
- 1 tsp salt
- 4 oz baker's semi-sweet chocolate melted
- 1 cup sugar

Equipment

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

Directions

- Heat oven to 350F.
- Beat egg, dressing and bananas in large bowl with whisk until blended.
- Mix all remaining ingredients except chocolate in separate bowl.
- Add to banana mixture; stir just until moistened.
- Pour half the batter into medium bowl; stir in chocolate. Spoon batters alternately into 9x5-inch loaf pan sprayed with cooking spray; swirl gently with knife.
- Bake 1 hour to 1 hour 5 min. or until toothpick inserted in center comes out clean. Cool in pan 10 min.; remove from pan to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:9.99, Glycemic Load:13.26, Inflammation Score:-1, Nutrition Score:2.8291304305844%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.85kcal (6.14%), Fat: 2.71g (4.17%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 22.28g (8.1%), Sugar: 13.97g (15.52%), Cholesterol: 9.1mg (3.03%), Sodium: 233.52mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.71g (3.43%), Manganese: 0.17mg (8.37%), Selenium: 4.49µg (6.42%), Vitamin B1: 0.08mg (5.29%), Folate: 20.19µg (5.05%), Iron: 0.87mg (4.84%), Copper: 0.09mg (4.72%), Fiber: 1.09g (4.35%), Vitamin B2: 0.07mg (4.02%), Magnesium: 15.01mg (3.75%), Vitamin B3: 0.67mg (3.35%), Phosphorus: 31.74mg (3.17%), Potassium: 84.36mg (2.41%), Vitamin B6: 0.05mg (2.32%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.13mg (1.25%), Vitamin C: 0.87mg (1.05%)