



Cocoa Banana Bars

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups bananas mashed
- 0.5 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1 cup sugar white

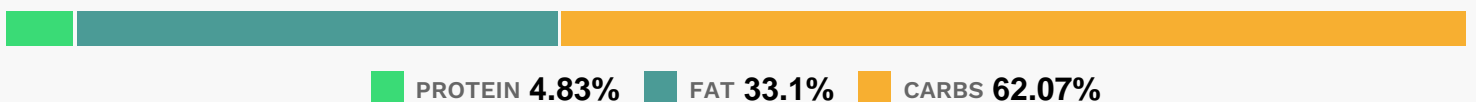
Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- hand mixer

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- Beat the butter and sugar with an electric mixer in a large bowl until light and fluffy.
- Add the egg and the vanilla and beat until well combined. Stir in the mashed banana, set aside.
- Stir together the flour, baking soda, baking powder, and salt in a separate large bowl, and make a well in the center.
- Pour the banana mixture into the well and stir just until combined.
- Remove half of the batter from the bowl.
- Mix the cocoa powder into the batter remaining in the bowl and stir well.
- Spread the cocoa batter in the bottom of the prepared pan. Spoon the remaining batter on top and use a knife to swirl the batter into a marbled design.
- Bake in the preheated oven until the edges are golden, about 25 minutes. Allow to cool before cutting into 24 pieces.

Nutrition Facts



Properties

Glycemic Index:22.79, Glycemic Load:18.77, Inflammation Score:-3, Nutrition Score:3.9926087001096%

Flavonoids

Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 179.48kcal (8.97%), Fat: 6.85g (10.54%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 27.46g (9.98%), Sugar: 16.16g (17.96%), Cholesterol: 27.18mg (9.06%), Sodium: 232.49mg (10.11%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Caffeine: 3.3mg (1.1%), Protein: 2.25g (4.5%), Manganese: 0.2mg (10.16%), Selenium: 5.72µg (8.18%), Folate: 29.44µg (7.36%), Vitamin B1: 0.11mg (7.19%), Vitamin B2: 0.1mg (5.91%), Fiber: 1.45g (5.81%), Iron: 0.93mg (5.15%), Vitamin B6: 0.09mg (4.75%), Copper: 0.09mg (4.66%), Vitamin B3: 0.93mg (4.63%), Vitamin A: 219.33IU (4.39%), Phosphorus: 42.45mg (4.25%), Magnesium: 16.59mg (4.15%), Potassium: 122.31mg (3.49%), Calcium: 24.17mg (2.42%), Vitamin C: 1.96mg (2.37%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.27mg (1.77%), Vitamin E: 0.24mg (1.59%)