



Double Chocolate Chip Bread

READY IN



70 min.

SERVINGS



24

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups apple sauce (natural, no-sugar-added, no cinnamon)
- ☐ 0.5 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 1.5 cup chocolate chips mini (or regular size)
- ☐ 43 grams cocoa powder - i used callebaut dutch
- ☐ 3 large eggs
- ☐ 312 grams flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 0.5 tsp salt (I used 1 teaspoon)

- ☐ 1 cup butter unsalted melted (I used)
- ☐ 2 tsp vanilla – i used two

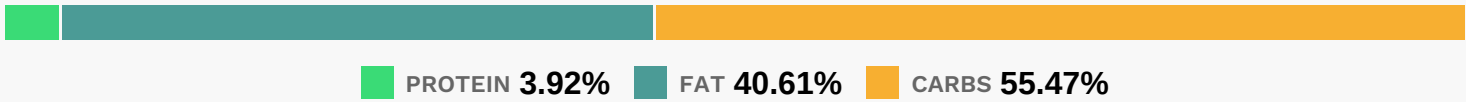
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees and spray two 9 x 5 loaf pans with nonstick (flour-added) cooking spray. Don't fill the pans more than 2/3 full.In a medium bowl, mix the flour, cocoa, salt, baking soda, and baking powder and set aside.In a large mixing bowl, whisk together melted butter and sugar until combined.
- ☐ Add eggs one at a time, mixing well after each addition.
- ☐ Add the vanilla and applesauce and mix until well combined.
- ☐ Add the dry ingredients, stirring until just combined. Stir in the chocolate chips.
- ☐ Pour batter into prepared pans.
- ☐ Bake side by side for about 50 to 55 minutes or until an inserted toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:18.84, Inflammation Score:-3, Nutrition Score:3.8139130395392%

Flavonoids

Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 4.34mg, Epicatechin: 4.34mg, Epicatechin: 4.34mg, Epicatechin: 4.34mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 256.04kcal (12.8%), Fat: 11.92g (18.34%), Saturated Fat: 7.23g (45.18%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 35.45g (12.89%), Sugar: 24.63g (27.37%), Cholesterol: 43.59mg (14.53%), Sodium: 122.1mg (5.31%), Alcohol: 0.12g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.59g (5.18%), Selenium: 6.82µg (9.75%), Manganese: 0.17mg (8.25%), Vitamin B1: 0.11mg (7.36%), Folate: 28.04µg (7.01%), Vitamin B2: 0.11mg (6.38%), Iron: 1.02mg (5.66%), Vitamin A: 274.54IU (5.49%), Copper: 0.1mg (4.91%), Fiber: 1.18g (4.73%), Phosphorus: 44.72mg (4.47%), Vitamin B3: 0.83mg (4.15%), Magnesium: 13.27mg (3.32%), Potassium: 96.35mg (2.75%), Calcium: 24.53mg (2.45%), Vitamin E: 0.32mg (2.13%), Zinc: 0.31mg (2.06%), Vitamin D: 0.27µg (1.78%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.07µg (1.2%), Vitamin B6: 0.02mg (1.15%)