



Easy Cake-Mix Banana Bread

 Dairy Free

READY IN



165 min.

SERVINGS



24

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 box cake mix yellow
- 0.3 cup vegetable oil
- 3 eggs
- 1.5 cups banana very ripe mashed (3 to 4 medium)
- 6 oz semi chocolate chips

Equipment

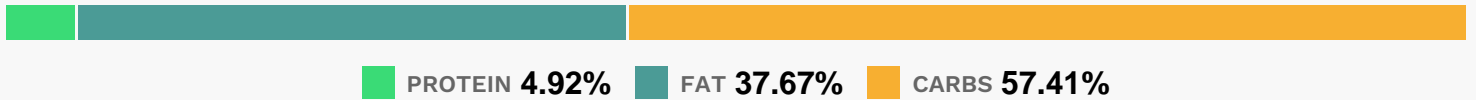
- bowl
- oven

- wire rack
- loaf pan
- toothpicks
- spatula

Directions

- Heat oven to 350°F. Grease and flour bottoms only of 2 (8x4-inch) loaf pans.
- In large bowl, stir together cake mix, oil, eggs and bananas until well blended. Stir in chocolate chips. Divide batter evenly between pans.
- Bake 43 to 48 minutes or until toothpick inserted in center of loaves comes out clean. Cool 10 minutes in pans. Run metal spatula around edge of loaves to loosen; remove from pans to cooling rack. Cool completely, about 1 hour 30 minutes before slicing. Wrap tightly, and store at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.28, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:3.8513044015221%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg 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: 163.28kcal (8.16%), Fat: 6.9g (10.61%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 22.58g (8.21%), Sugar: 13.09g (14.55%), Cholesterol: 20.89mg (6.96%), Sodium: 165.44mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.03g (4.05%), Phosphorus: 98.16mg (9.82%), Manganese: 0.16mg (8.1%), Vitamin K: 6.77µg (6.44%), Copper: 0.12mg (5.76%), Iron: 1.02mg (5.65%), Calcium: 53.4mg (5.34%), Vitamin B2: 0.09mg (5.01%), Folate: 19.11µg (4.78%), Magnesium: 17.82mg (4.45%), Selenium: 3.02µg (4.32%), Fiber: 1.07g (4.28%), Vitamin B1: 0.06mg (3.81%), Vitamin E: 0.55mg (3.7%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.62mg (3.12%), Potassium: 91.46mg (2.61%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.08µg (1.39%)