



Easy Chocolate Chip Banana Bread

 Dairy Free

READY IN



70 min.

SERVINGS



2

CALORIES



2362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 1 cup brown sugar
- ☐ 2 cup dairy-free chocolate chips
- ☐ 2 eggs for egg-free (see option below)
- ☐ 2 cups flour
- ☐ 1 teaspoon salt

☐

0.5 cup non-hydrogenated shortening organic (such as Spectrum)

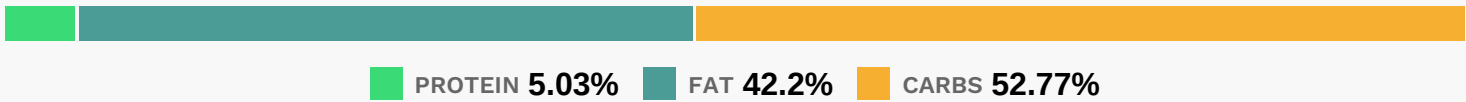
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350°F.Grease an 8×4-inch loaf pan.
- ☐ Combine the shortening, sugar and eggs.
- ☐ Mix well.
- ☐ Add flour, baking powder, salt, baking soda.
- ☐ Mix well.
- ☐ Add mashed banana and chocolate chips.
- ☐ Pour into loaf pan.
- ☐ Bake for one hour.

Nutrition Facts



Properties

Glycemic Index:110.89, Glycemic Load:77.81, Inflammation Score:-7, Nutrition Score:34.526956288711%

Flavonoids

Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg, Catechin: 4.57mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 2362.18kcal (118.11%), Fat: 117.31g (180.48%), Saturated Fat: 50.7g (316.88%), Carbohydrates: 329.99g (110%), Net Carbohydrates: 312.58g (113.67%), Sugar: 200.77g (223.08%), Cholesterol: 163.68mg (54.56%), Sodium: 1746.92mg (75.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.97%), Iron: 20.77mg (115.4%), Selenium: 57.96µg (82.8%), Fiber: 17.41g (69.63%), Vitamin B1: 1.03mg (68.82%), Folate: 265.53µg (66.38%),

Manganese: 1.14mg (57.05%), Vitamin B2: 0.87mg (51.37%), Calcium: 491.19mg (49.12%), Vitamin B3: 8.03mg (40.16%), Phosphorus: 286.84mg (28.68%), Vitamin K: 28.15µg (26.81%), Vitamin E: 3.75mg (25.02%), Vitamin B6: 0.45mg (22.53%), Vitamin B5: 1.97mg (19.66%), Potassium: 609.91mg (17.43%), Copper: 0.32mg (16.15%), Magnesium: 63.5mg (15.88%), Zinc: 1.59mg (10.61%), Vitamin C: 6.53mg (7.91%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 285.6IU (5.71%)