



Gluten-Free Moist Choc Chip Banana Bread

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



462 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 bananas pureed ripe
- ☐ 0.5 cup chocolate chips miniature to taste
- ☐ 1 eggs
- ☐ 2 cups baking flour gluten-free red all-purpose mill® (such as Bob's)
- ☐ 0.5 cup greek yogurt plain fat-free

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 1.5 cups sugar white
- ☐ 2 teaspoons xanthan gum

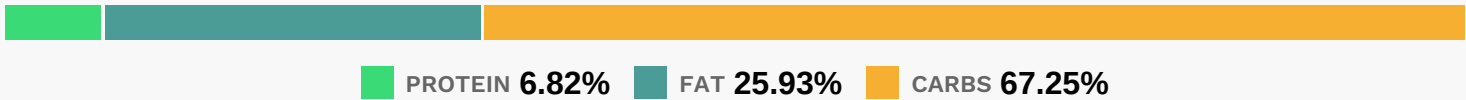
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a loaf pan.
- ☐ Beat sugar and applesauce together in a bowl with an electric mixer; add pureed bananas, yogurt, egg, and vanilla and beat until well-combined.
- ☐ Whisk flour, xanthan gum, baking powder, and baking soda together in a bowl.
- ☐ Add flour mixture to applesauce mixture and stir until just combined. Fold chocolate chips and walnuts into batter. Spoon batter into the prepared loaf pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the loaf comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.61, Glycemic Load:31.41, Inflammation Score:-3, Nutrition Score:7.802173855512%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 461.94kcal (23.1%), Fat: 14.03g (21.59%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 81.89g (27.3%), Net Carbohydrates: 75.65g (27.51%), Sugar: 53.19g (59.09%), Cholesterol: 22.77mg (7.59%), Sodium: 232.88mg (10.13%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 8.31g (16.62%), Manganese: 0.63mg (31.4%), Fiber: 6.24g (24.96%), Copper: 0.28mg (14.01%), Vitamin B6: 0.26mg (13.13%), Iron: 1.98mg (11.01%), Phosphorus: 101.97mg (10.2%), Calcium: 96.96mg (9.7%), Magnesium: 37.74mg (9.44%), Potassium: 263.42mg (7.53%), Vitamin B2: 0.13mg (7.45%), Folate: 27.1µg (6.78%), Selenium: 4.36µg (6.23%), Vitamin C: 4.26mg (5.16%), Vitamin B1: 0.07mg (4.84%), Zinc: 0.66mg (4.43%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.5mg (2.52%), Vitamin B12: 0.14µg (2.27%), Vitamin A: 91.07IU (1.82%), Vitamin E: 0.23mg (1.53%)