



WHATSheATE

Laurie Sav

Maple-Sweetened Chocolate Chip Banana Bread



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

☐ 1 Teaspoon apple cider vinegar white (can sub vinegar in a pinch)

☐ 1.5 Teaspoons baking soda

☐ 1.5 cups banana ripe mashed (3 medium)

☐ 0.8 cup brown rice flour

☐ 0.5 cup buckwheat flour

☐ 1 Teaspoon ground cinnamon

☐ 1 Tablespoon ground flaxseed whole (I ground 2 teaspoons of flaxseed in my spice grinder)

- ☐ 0.5 cup maple syrup
- ☐ 3 Tablespoons oil your favorite (I used grapeseed, but feel free to use baking oil)
- ☐ 0.3 cup potato flour (or Tapioca Starch)
- ☐ 0.5 Teaspoon salt
- ☐ 0.7 cup dairy-free semi-sweet chocolate chips
- ☐ 1 Teaspoon vanilla extract
- ☐ 1.5 Teaspoons xanthan gum for corn-free (or Guar Gum)

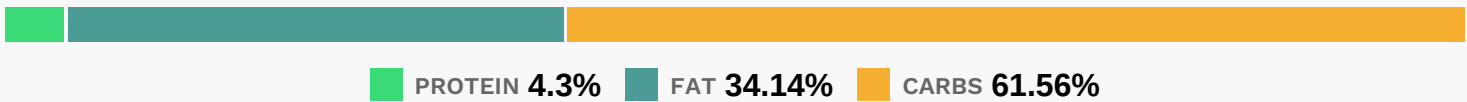
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat your oven to 350°F and grease and flour (I used a little brown rice flour) an 8 x 4-inch loaf pan.In a medium-sized bowl, combine the flours, starch, flax, baking soda, xanthan gum, cinnamon, and sea salt. Stir in the chocolate chips.In a large bowl, blend the banana, maple syrup, oil, vanilla, and vinegar.Stir in the dry ingredients until just combined.Scrape the batter into your prepared loaf pan (it will be thick), and smooth out the top.
- ☐ Bake for 45 to 55 minutes (mine was perfectly cooked at 50 minutes).
- ☐ Let the loaf cool for 10 minutes in the pan and then pop it out (since you floured the pan, it should slide right out) and place on a cooling rack to let it cool completely before slicing.

Nutrition Facts



Properties

Glycemic Index:21.03, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:10.825652151004%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 310.33kcal (15.52%), Fat: 11.95g (18.38%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 44.33g (16.12%), Sugar: 21.25g (23.61%), Cholesterol: 0.88mg (0.29%), Sodium: 372.71mg (16.2%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 12.54mg (4.18%), Protein: 3.39g (6.77%), Manganese: 1.55mg (77.36%), Magnesium: 76.58mg (19.14%), Vitamin B2: 0.31mg (18.31%), Fiber: 4.13g (16.54%), Copper: 0.29mg (14.43%), Vitamin B6: 0.27mg (13.28%), Phosphorus: 127.14mg (12.71%), Iron: 1.73mg (9.63%), Potassium: 326.72mg (9.33%), Vitamin B1: 0.14mg (9.2%), Vitamin B3: 1.76mg (8.79%), Vitamin E: 1.24mg (8.29%), Zinc: 1.21mg (8.07%), Vitamin K: 5.57µg (5.31%), Calcium: 42.01mg (4.2%), Vitamin B5: 0.42mg (4.16%), Folate: 12.82µg (3.21%), Selenium: 2.17µg (3.09%), Vitamin C: 2.46mg (2.98%)