



WHATSheATE



Marbled-Chocolate Banana Bread

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 cups banana ripe mashed (3 bananas)
- ☐ 0.3 cup butter softened
- ☐ 0.5 cup egg substitute
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, baking soda, and salt, stirring with a whisk.
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).
- ☐ Add banana, egg substitute, and yogurt; beat until blended.
- ☐ Add flour mixture; beat at low speed just until moist.
- ☐ Place chocolate chips in a medium microwave-safe bowl, and microwave at HIGH 1 minute or until almost melted, stirring until smooth. Cool slightly.
- ☐ Add 1 cup batter to chocolate, stirring until well combined. Spoon chocolate batter alternately with plain batter into an 8 1/2 x 4 1/2-inch loaf pan coated with cooking spray. Swirl batters together using a knife.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:31.23, Glycemic Load:37.82, Inflammation Score:-4, Nutrition Score:9.2008696276209%

Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.66kcal (18.23%), Fat: 10.7g (16.46%), Saturated Fat: 6.31g (39.42%), Carbohydrates: 62.08g (20.69%), Net Carbohydrates: 59.6g (21.67%), Sugar: 33.62g (37.35%), Cholesterol: 16.54mg (5.51%), Sodium: 332.83mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 6.32g (12.64%), Selenium: 18.57µg (26.53%), Manganese: 0.44mg (22.04%), Vitamin B1: 0.28mg (18.7%), Folate: 66.55µg (16.64%), Vitamin B2: 0.27mg (15.73%), Iron: 2.55mg (14.19%), Vitamin B3: 2.16mg (10.81%), Copper: 0.21mg (10.69%), Fiber: 2.47g (9.9%), Phosphorus: 96.39mg (9.64%), Magnesium: 38.4mg (9.6%), Potassium: 255.98mg (7.31%), Vitamin B6: 0.15mg (7.3%), Vitamin B5: 0.58mg (5.82%), Zinc: 0.81mg (5.37%), Vitamin A: 239.85IU (4.8%), Calcium: 44.74mg (4.47%), Vitamin E: 0.52mg (3.46%), Vitamin C: 2.6mg (3.16%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.59µg (1.52%)