



Melted Banana Bread

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup bananas ripe mashed
- 2 large eggs lightly beaten
- 1.3 cups flour
- 0.5 teaspoon salt
- 1 cup semi-sweet chocolate chips
- 5.3 tablespoons buttery spread organic melt®

0.7 cup sugar (slightly less--see directions)

Equipment

- bowl
- oven
- whisk
- loaf pan
- toothpicks

Directions

- Whisk together in medium bowl the flour, salt, baking soda, and baking powder.
- In a large bowl, beat on high until light in color and texture, 2-3 minutes: the Melt® and a little less than 2/3 cups sugar.
- Beat in flour mixture until blended and consistency of brown sugar.
- Gradually beat in the eggs.
- Fold in just until combined the bananas and chocolate chips (sometimes I use half chocolate chips and half peanut butter chips).
- Bake 50-60 minutes and when toothpick comes out clean from center it is done!
- Promptly remove baked banana bread from loaf pan and let cool.
- Serve warm with an ice cold glass of milk!

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:20.19, Inflammation Score:-4, Nutrition Score:7.399130406587%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.56kcal (14.23%), Fat: 12.74g (19.59%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 36.46g (13.26%), Sugar: 21.64g (24.05%), Cholesterol: 38.25mg (12.75%), Sodium: 246.4mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.05mg (5.02%), Protein: 4.23g (8.45%), Manganese: 0.39mg (19.48%), Selenium: 10.42µg (14.89%), Copper: 0.26mg (13.12%), Iron: 2.11mg (11.73%), Vitamin E: 1.68mg (11.18%), Magnesium: 39.75mg (9.94%), Vitamin B1: 0.15mg (9.67%), Folate: 38.2µg (9.55%), Fiber: 2.24g (8.96%), Phosphorus: 89.09mg (8.91%), Vitamin B2: 0.15mg (8.83%), Vitamin A: 357.5IU (7.15%), Vitamin B3: 1.24mg (6.19%), Potassium: 186.96mg (5.34%), Vitamin K: 5.56µg (5.29%), Zinc: 0.73mg (4.89%), Vitamin B6: 0.09mg (4.27%), Vitamin B5: 0.33mg (3.29%), Calcium: 25.78mg (2.58%), Vitamin B12: 0.12µg (2.01%), Vitamin C: 1.3mg (1.58%), Vitamin D: 0.2µg (1.33%)