



Mom's Banana Bread with Chocolate Chips

READY IN



95 min.

SERVINGS



8

CALORIES



422 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 bananas ripe mashed
- 3 tablespoons chocolate chips mini
- 2 tablespoons confectioners' sugar for dusting
- 3 eggs slightly beaten
- 2 cups flour all-purpose
- 3 juice of orange
- 0.5 teaspoon salt
- 1 cup sugar

- 0.5 cup butter unsalted for greasing the pan, at room temperature (1 stick)
- 1 teaspoon vanilla extract

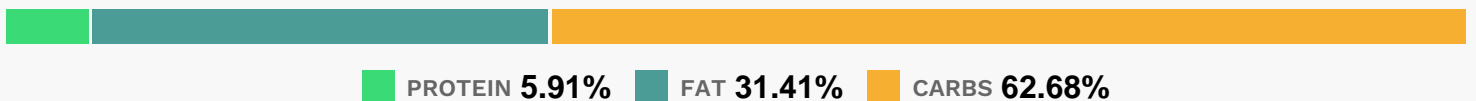
Equipment

- bowl
- oven
- loaf pan
- wooden spoon
- aluminum foil
- measuring cup

Directions

- Special equipment: 1 1/2-quart glass loaf pan
- Preheat the oven to 350 degrees F.
- Sift together the flour, baking soda and salt in a medium bowl.
- Mix together the vanilla, eggs and orange juice in a measuring cup or small bowl. Cream the sugar and butter in a medium bowl until pale yellow and fluffy, about 5 minutes.
- Add in the egg mixture and beat until creamy.
- Mix in the bananas until smooth.
- Pour the flour in 2 batches into the batter and mix on low speed until incorporated. Stir in the chocolate chips with a wooden spoon.
- Pour into a greased loaf pan and bake 1 hour, covering lightly with foil if the top gets too brown. Cool, remove from the pan and slice.
- Serve dusted with the confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:31.48, Glycemic Load:40.79, Inflammation Score:-5, Nutrition Score:9.4856521979622%

Flavonoids

Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 422.28kcal (21.11%), Fat: 14.97g (23.03%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 67.21g (22.4%), Net Carbohydrates: 65.02g (23.64%), Sugar: 37.93g (42.14%), Cholesterol: 92.73mg (30.91%), Sodium: 312.59mg (13.59%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 6.34g (12.67%), Selenium: 16.43µg (23.47%), Folate: 80.97µg (20.24%), Vitamin B1: 0.29mg (19.11%), Vitamin C: 15.13mg (18.34%), Manganese: 0.34mg (17.18%), Vitamin B2: 0.28mg (16.43%), Vitamin B3: 2.25mg (11.25%), Iron: 1.99mg (11.04%), Vitamin B6: 0.21mg (10.69%), Vitamin A: 529.57IU (10.59%), Fiber: 2.19g (8.76%), Phosphorus: 83.42mg (8.34%), Potassium: 264.34mg (7.55%), Vitamin B5: 0.6mg (5.96%), Magnesium: 23.63mg (5.91%), Copper: 0.11mg (5.3%), Vitamin E: 0.57mg (3.83%), Vitamin D: 0.54µg (3.62%), Zinc: 0.53mg (3.5%), Calcium: 28.96mg (2.9%), Vitamin B12: 0.17µg (2.85%), Vitamin K: 1.38µg (1.31%)