



Monkey Tail Bread

READY IN



155 min.

SERVINGS



1

CALORIES



4274 kcal

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup bananas mashed (3 medium)
- 2 tablespoons chocolate frosting
- 1 tablespoon creamy peanut butter
- 2 eggs
- 2 cups flour all-purpose
- 0.5 cup peanuts chopped
- 0.5 teaspoon salt
- 0.5 cup semisweet chocolate chips miniature

- 0.5 cup shortening
- 1 cup sugar

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- hand mixer
- toothpicks
- microwave

Directions

- Heat oven to 350F. Grease bottom only of loaf pan, 9x5x3 inches, with shortening.
- Beat 1/2 cup shortening and the sugar in large bowl with electric mixer on medium speed until fluffy. Beat in eggs and bananas until smooth. Beat in flour, baking powder, baking soda and salt just until mixed. Stir in peanuts and chocolate chips.
- Pour into pan.
- Bake 1 hour to 1 hour 10 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour.
- Place frosting in small plastic food-storage bag. Microwave on High 6 to 10 seconds or until pourable.
- Add peanut butter to bag; gently squeeze bag until peanut butter and frosting are well blended.
- Cut off tiny corner of bag. Squeeze bag to drizzle chocolate mixture over bread.

Nutrition Facts



PROTEIN 6.39% **FAT 43.61%** **CARBS 50%**

Properties

Glycemic Index:320.12, Glycemic Load:304.6, Inflammation Score:-10, Nutrition Score:69.865217623503%

Flavonoids

Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 4273.62kcal (213.68%), Fat: 211.62g (325.57%), Saturated Fat: 64.54g (403.39%), Carbohydrates: 546.05g (182.02%), Net Carbohydrates: 515.91g (187.6%), Sugar: 296.81g (329.79%), Cholesterol: 334.46mg (111.49%), Sodium: 2443.81mg (106.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 102.55mg (34.18%), Protein: 69.75g (139.49%), Manganese: 6.18mg (308.81%), Selenium: 131.41µg (187.73%), Folate: 733.23µg (183.31%), Vitamin B1: 2.65mg (176.4%), Vitamin B3: 31.12mg (155.58%), Copper: 2.9mg (144.83%), Iron: 25.54mg (141.87%), Magnesium: 508.51mg (127.13%), Phosphorus: 1258.81mg (125.88%), Fiber: 30.14g (120.57%), Vitamin B2: 2.03mg (119.61%), Potassium: 2583.93mg (73.83%), Vitamin B6: 1.45mg (72.69%), Vitamin E: 10.38mg (69.18%), Vitamin K: 65.23µg (62.13%), Vitamin B5: 5.72mg (57.2%), Zinc: 8.45mg (56.36%), Calcium: 498.66mg (49.87%), Vitamin C: 19.58mg (23.73%), Vitamin B12: 1µg (16.6%), Vitamin A: 678.76IU (13.58%), Vitamin D: 1.76µg (11.73%)