



 **63%**
HEALTH SCORE

Monkey Tail Bread

 Very Healthy

READY IN



155 min.

SERVINGS



1

CALORIES



5912 kcal

Ingredients

- 0.5 cup shortening
- 1 cup sugar
- 2 eggs
- 1 cup bananas mashed (3 medium)
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.5 cup peanuts chopped

- 0.5 cup semisweet chocolate chips miniature
- 16 oz chocolate frosting
- 1 tablespoon creamy peanut butter

Equipment

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

Directions

- Heat oven to 350°F. 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 4.89% ■ FAT 42.06% ■ CARBS 53.05%

Properties

Glycemic Index:320.12, Glycemic Load:304.6, Inflammation Score:-10, Nutrition Score:72.798260647318%

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: 5911.61kcal (295.58%), Fat: 284.24g (437.29%), Saturated Fat: 87.36g (545.99%), Carbohydrates: 806.81g (268.94%), Net Carbohydrates: 772.96g (281.08%), Sugar: 534.88g (594.31%), Cholesterol: 334.46mg (111.49%), Sodium: 3198.85mg (139.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 110.8mg (36.93%), Protein: 74.28g (148.57%), Manganese: 7.17mg (358.32%), Selenium: 134.71µg (192.44%), Copper: 3.72mg (186.09%), Folate: 737.36µg (184.34%), Vitamin B1: 2.7mg (179.97%), Iron: 31.4mg (174.42%), Phosphorus: 1584.76mg (158.48%), Vitamin B3: 31.61mg (158.03%), Magnesium: 595.15mg (148.79%), Fiber: 33.86g (135.43%), Vitamin B2: 2.1mg (123.74%), Vitamin E: 16.81mg (112.09%), Potassium: 3392.61mg (96.93%), Vitamin B6: 1.47mg (73.72%), Zinc: 9.65mg (64.34%), Vitamin K: 65.23µg (62.13%), Vitamin B5: 5.84mg (58.35%), Calcium: 531.66mg (53.17%), Vitamin C: 19.58mg (23.73%), Vitamin B12: 1µg (16.6%), Vitamin A: 682.88IU (13.66%), Vitamin D: 1.76µg (11.73%)