



Peanut Butter Banana Bread

READY IN



230 min.

SERVINGS



24

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 cup creamy peanut butter
- 0.3 cup butter
- 2 cups sugar
- 4 eggs
- 3 cups flour all-purpose
- 2 teaspoons baking soda
- 0.3 teaspoon salt
- 0.5 cup cream sour
- 2 cups banana very ripe mashed (6 medium)

- 1 cup semisweet chocolate chips miniature
- 2 teaspoons vanilla

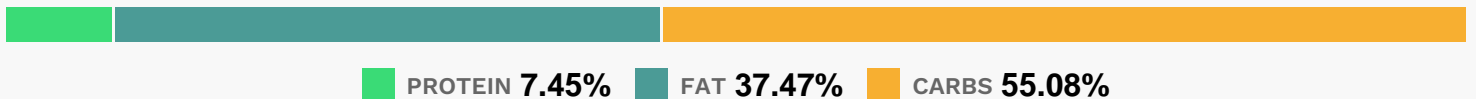
Equipment

- bowl
- oven
- loaf pan
- hand mixer
- toothpicks
- microwave

Directions

- Heat oven to 350°F (325°F for dark or non-stick pans). Grease bottoms only of 2 (8x4-inch) loaf pans with shortening.
- In small microwavable bowl, microwave peanut butter and butter uncovered on High 30 to 45 seconds or until butter is melted. Stir until mixture is smooth.
- In large bowl, beat sugar and eggs with electric mixer on medium speed 1 minute or until blended. On low speed, add peanut butter mixture; beat well. In another bowl, mix flour, baking soda and salt.
- Add flour mixture alternately with sour cream to peanut butter mixture, beating on low speed until blended. Stir in bananas, chocolate chips and vanilla until blended. Divide batter between pans.
- Bake 1 hour 10 minutes to 1 hour 15 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:10.99, Glycemic Load:21.84, Inflammation Score:-3, Nutrition Score:6.6813043407772%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 275.26kcal (13.76%), Fat: 11.69g (17.98%), Saturated Fat: 4.95g (30.96%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 36.73g (13.36%), Sugar: 22.9g (25.44%), Cholesterol: 35.78mg (11.93%), Sodium: 178.73mg (7.77%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.48mg (2.83%), Protein: 5.23g (10.46%), Manganese: 0.39mg (19.66%), Selenium: 9.13µg (13.05%), Vitamin B3: 2.17mg (10.86%), Folate: 41.83µg (10.46%), Copper: 0.2mg (9.84%), Magnesium: 39.24mg (9.81%), Vitamin B1: 0.14mg (9.66%), Iron: 1.66mg (9.23%), Phosphorus: 91.34mg (9.13%), Vitamin B2: 0.15mg (8.96%), Fiber: 1.92g (7.69%), Vitamin E: 0.96mg (6.43%), Vitamin B6: 0.11mg (5.32%), Potassium: 180.34mg (5.15%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.36mg (3.56%), Vitamin A: 141.47IU (2.83%), Calcium: 22.76mg (2.28%), Vitamin B12: 0.1µg (1.62%), Vitamin C: 1.13mg (1.37%), Vitamin K: 1.1µg (1.05%)