



Peanut Butter Chocolate Chip Banana Bread

READY IN



115 min.

SERVINGS



6

CALORIES



461 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 bananas ripe mashed
- ☐ 0.8 cup brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup crunchy peanut butter unsweetened
- ☐ 1 large eggs
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup semi chocolate chips
- ☐ 1 cup flour whole wheat

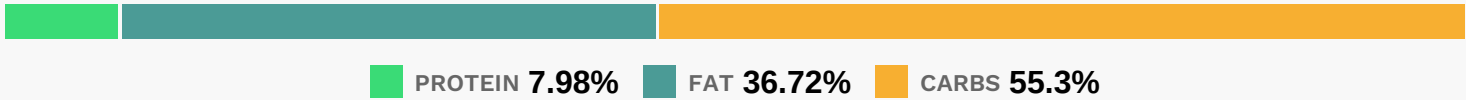
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x5-inch loaf pan with cooking spray.
- ☐ Whisk whole wheat flour, baking powder, baking soda, and salt in a large bowl.
- ☐ Stir mashed bananas, peanut butter, brown sugar, yogurt, egg, and canola oil thoroughly in a separate bowl.
- ☐ Stir the banana mixture into the dry ingredients until thoroughly combined; stir in chocolate chips.
- ☐ Spoon batter into the prepared loaf pan.
- ☐ Bake in the preheated oven until the loaf is lightly browned at the edges and a toothpick inserted into the center comes out clean, 40 to 50 minutes.
- ☐ Cool the bread in the pan on a rack for 15 minutes before removing bread to finish cooling on rack. Slice when cool.

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:4.52, Inflammation Score:-5, Nutrition Score:15.172608759092%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 460.82kcal (23.04%), Fat: 19.55g (30.08%), Saturated Fat: 6.62g (41.39%), Carbohydrates: 66.25g (22.08%), Net Carbohydrates: 60.14g (21.87%), Sugar: 41.84g (46.48%), Cholesterol: 32.55mg (10.85%), Sodium: 358.86mg (15.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 9.56g (19.13%), Manganese: 1.5mg (74.82%), Selenium: 19.08µg (27.25%), Magnesium: 106.15mg (26.54%), Copper: 0.5mg (24.85%), Fiber: 6.1g (24.44%), Phosphorus: 232.51mg (23.25%), Vitamin B3: 3.45mg (17.27%), Iron: 2.94mg (16.34%), Vitamin B6: 0.32mg (16.21%), Potassium: 522.03mg (14.92%), Zinc: 1.79mg (11.93%), Calcium: 116.21mg (11.62%), Vitamin E: 1.71mg (11.42%), Vitamin B1: 0.14mg (9.55%), Vitamin B2: 0.15mg (8.86%), Folate: 35.27µg (8.82%), Vitamin B5: 0.71mg (7.09%), Vitamin C: 3.51mg (4.26%), Vitamin K: 3.98µg (3.79%), Vitamin B12: 0.18µg (2.95%), Vitamin A: 83.94IU (1.68%), Vitamin D: 0.17µg (1.11%)