



Peanut Butter Streusel-Banana Bread

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 cups fully bananas ripe mashed (4)
- 0.5 cup brown sugar packed
- 0.5 cup crunchy peanut butter
- 3 eggs
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup oil
- 0.8 cup quick-cooking oats
- 12 oz baker's semi-sweet chocolate morsels

1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

- bowl
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- Heat oven to 350F.
- Spray 2 (9x5-inch) loaf pans with cooking spray; line with parchment, with ends of parchment extending over long sides.
- Combine peanut butter, oats and sugar.
- Whisk eggs, bananas and oil in medium bowl until blended; stir in chocolate morsels.
- Mix cake mix and dry pudding mix in large bowl until blended.
- Add banana mixture; mix well.
- Pour into prepared pans. Top with peanut butter mixture; press lightly into batter with back of spoon.
- Bake 55 min. to 1 hour or until toothpick inserted in centers comes out clean. Cool in pans 10 min.; remove to wire rack. Cool completely.

Nutrition Facts



PROTEIN 5.81% FAT 39.89% CARBS 54.3%

Properties

Glycemic Index:5.99, Glycemic Load:2.41, Inflammation Score:-3, Nutrition Score:7.9978260579317%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg 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: 334.5kcal (16.73%), Fat: 15.08g (23.2%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 43.4g (15.78%), Sugar: 28.58g (31.75%), Cholesterol: 25.57mg (8.52%), Sodium: 262.95mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 4.94g (9.88%), Manganese: 0.56mg (27.89%), Phosphorus: 174.72mg (17.47%), Copper: 0.3mg (14.83%), Magnesium: 55.38mg (13.84%), Iron: 2.06mg (11.47%), Fiber: 2.79g (11.18%), Vitamin E: 1.5mg (10%), Vitamin B3: 1.74mg (8.68%), Selenium: 6.02µg (8.59%), Calcium: 78.49mg (7.85%), Folate: 29.89µg (7.47%), Vitamin B2: 0.12mg (6.93%), Potassium: 225.19mg (6.43%), Vitamin B1: 0.09mg (6.3%), Zinc: 0.9mg (6.02%), Vitamin B6: 0.11mg (5.52%), Vitamin K: 4.84µg (4.61%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.12µg (1.92%), Vitamin C: 0.98mg (1.19%), Vitamin A: 51.34IU (1.03%)