



Raspberry-Chocolate Banana Bread

READY IN



75 min.

SERVINGS



15

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tsp baking soda
- 0.8 cup fully bananas ripe mashed (2)
- 2 cups flour
- 1 cup miracle whip dressing
- 1 cup raspberries fresh halved
- 4 oz baker's semi-sweet chocolate chopped
- 0.8 cup sugar

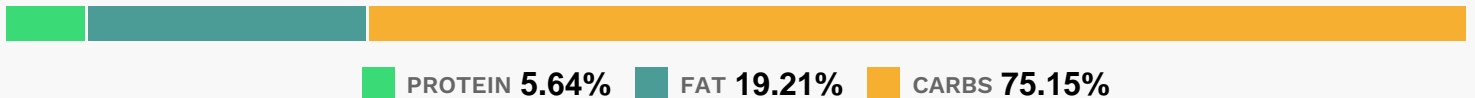
Equipment

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

Directions

- Heat oven to 350F.
- Mix bananas and dressing in large bowl.
- Combine flour, sugar and baking soda.
- Add to banana mixture with chocolate; stir just until moistened. (Batter will be lumpy.) Gently stir in raspberries.
- Pour into 9x5-inch loaf pan sprayed with cooking spray.
- Bake 1 hour or until toothpick inserted in center comes out clean. Cool in pan 10 min.; remove to wire rack. Cool completely.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:17.12, Inflammation Score:-2, Nutrition Score:4.3821738990753%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin:

0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 168.05kcal (8.4%), Fat: 3.63g (5.58%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 29.85g (10.85%), Sugar: 15.82g (17.58%), Cholesterol: 1.98mg (0.66%), Sodium: 303.11mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.5mg (2.17%), Protein: 2.4g (4.79%), Manganese: 0.29mg (14.4%), Vitamin B1: 0.14mg (9.21%), Selenium: 6.44µg (9.2%), Folate: 33.68µg (8.42%), Fiber: 2.09g (8.37%), Iron: 1.35mg (7.51%), Copper: 0.13mg (6.6%), Vitamin B3: 1.15mg (5.73%), Vitamin B2: 0.1mg (5.67%), Magnesium: 20.76mg (5.19%), Phosphorus: 42.48mg (4.25%), Vitamin C: 2.75mg (3.33%), Potassium: 108.16mg (3.09%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.15mg (1.47%), Vitamin K: 1.26µg (1.2%), Calcium: 10.68mg (1.07%)