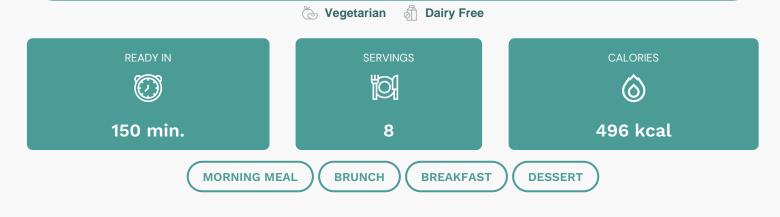


Roasted Banana-Nutella Quick Bread



Ingredients

Li teaspoon baking soda
0.5 cup nutella such as nutella
2 large eggs at room temperature
2.5 cups flour all-purpose
0.5 cup granulated sugar
0.5 cup brown sugar light packed
2 pounds banana yellow with 3 brown spots, not green)
1 teaspoon salt fine

	1 teaspoon vanilla extract	
H		
Ш	0.7 cup vegetable oil plus more for coating the pan	
Equipment		
	bowl	
	frying pan	
	oven	
	knife	
	whisk	
	wire rack	
	loaf pan	
	toothpicks	
	potato masher	
	aluminum foil	
	ziploc bags	
	spatula	
Diı	rections	
	Heat the oven to 350°F, arrange a rack in the middle, and place a piece of aluminum foil on the rack.	
	Place the unpeeled, whole bananas on the foil and bake until the peels are completely black, about 15 to 20 minutes.	
	Remove the bananas to a wire rack to cool, about 15 minutes. Discard the aluminum foil.Meanwhile, coat a 9-by-5-inch loaf pan with vegetable oil; set aside.	
	Place the chocolate-hazelnut spread in a resealable plastic bag, snip off about 1/3 inch from a bottom corner, and set aside.	
	Whisk together the flour, baking soda, and salt in a medium bowl to aerate and break up any lumps; set aside. When the bananas are cool enough to handle, peel them over a large bowl, letting any juices drip into the bowl. Mash with a potato masher or fork until almost smooth.	
	Add the measured oil, sugars, eggs, and vanilla and whisk until combined.	

Add the reserved flour mixture and stir with a rubber spatula until just combined. Scrape one-
third of the batter into the prepared pan and push it into the corners. Squeeze half of the
chocolate-hazelnut spread onto the banana batter in a zigzag pattern. Top with another third
of the batter spread into an even layer. Squeeze the remaining chocolate-hazelnut spread on
top in a zigzag pattern. Top with the remaining batter, pushing it into the corners and smoothing the top.
Bake until the bread is golden brown on top and a toothpick inserted into the center comes out clean (test several spots because you may hit a pocket of banana or hazelnut spread), about 60 to 65 minutes.
Let the pan cool on a wire rack for 15 minutes. Run a knife around the perimeter of the bread and turn it out onto the rack.
Let cool at least 30 minutes more before slicing.
Nutrition Facts
PROTEIN 6.23% FAT 19.9% CARBS 73.87%

Properties

Glycemic Index:28.65, Glycemic Load:45.97, Inflammation Score:-5, Nutrition Score:14.062608848447%

Flavonoids

Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 495.98kcal (24.8%), Fat: 11.19g (17.21%), Saturated Fat: 6.46g (40.36%), Carbohydrates: 93.46g (31.15%), Net Carbohydrates: 88.44g (32.16%), Sugar: 49.99g (55.54%), Cholesterol: 46.5mg (15.5%), Sodium: 458.86mg (19.95%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 7.88g (15.75%), Manganese: 0.75mg (37.5%), Selenium: 19.13µg (27.33%), Folate: 102.8µg (25.7%), Vitamin B1: 0.36mg (24.19%), Vitamin B6: 0.48mg (23.79%), Vitamin B2: 0.37mg (21.62%), Fiber: 5.02g (20.06%), Iron: 3.26mg (18.08%), Potassium: 560.66mg (16.02%), Vitamin B3: 3.17mg (15.84%), Magnesium: 54.02mg (13.5%), Copper: 0.25mg (12.48%), Phosphorus: 120.97mg (12.1%), Vitamin C: 9.87mg (11.96%), Vitamin E: 1.5mg (9.97%), Vitamin B5: 0.83mg (8.27%), Vitamin K: 7.76µg (7.39%), Zinc: 0.81mg (5.4%), Calcium: 50.55mg (5.06%), Vitamin A: 140.64IU (2.81%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.25µg (1.67%)