



Roasted Banana–Nutella Quick Bread

 Vegetarian  Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



496 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 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
- 0.7 cup vegetable oil plus more for coating the pan

Equipment

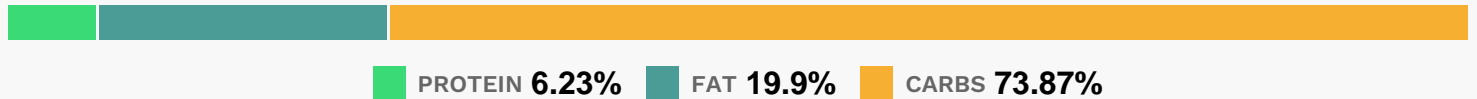
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- toothpicks
- potato masher
- aluminum foil
- ziploc bags
- spatula

Directions

- 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



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: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 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%)