



State Fair Winning Chocolate Banana Brownies

READY IN



50 min.

SERVINGS



36

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.5 banana—well mashed
- ☐ 1 oz bittersweet chocolate (or 3 tablespoons chips)
- ☐ 1 T natural cocoa powder unsweetened
- ☐ 2 large eggs
- ☐ 0.8 cup flour sifted
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup pecans lightly toasted chopped
- ☐ 0.3 teaspoon salt unsalted (if using butter, add an extra pinch)

- ☐ 6 tablespoons butter salted
- ☐ 0.5 cup semi chocolate chips sweet
- ☐ 5 oz semi chocolate sweet (or a little less than 1 cup chips)
- ☐ 0.5 t vanilla – Gloria leaves it out

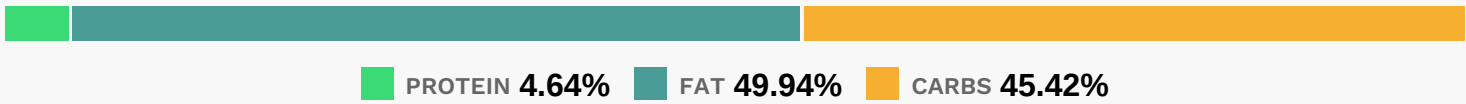
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F. Spray cooking spray on bottom only of an 8 inch metal pan. Gloria noted that for the fair, she used non-stick foil to line the pan.
- ☐ Mix flour, cocoa, and salt together and set aside.
- ☐ Combine sugar, eggs, and banana in a separate bowl–stir until combined. I did this with a fork.Melt butter in a saucepan over medium low heat, then reduce heat to low and add 5 oz and 1 oz of chocolates. Cook and stir over low until smooth. Cool 5 minutes.
- ☐ Add chocolate to sugar egg/banana mixture–stir until combined.Stir in dry ingredients until just combined.Fold in that last 1/2 cup chips and nuts (and Oreos, if using).
- ☐ Bake 35–40 min, check at 35 (Anna’s note: I baked a full 45 min)Cool completely before cutting. Anna’s note: I like to chill before cutting

Nutrition Facts



Properties

Glycemic Index:5.27, Glycemic Load:1.63, Inflammation Score:-1, Nutrition Score:2.3682608500771%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 107.91kcal (5.4%), Fat: 6.09g (9.38%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 11.58g (4.21%), Sugar: 8.87g (9.85%), Cholesterol: 15.86mg (5.29%), Sodium: 21.49mg (0.93%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Caffeine: 6.56mg (2.19%), Protein: 1.27g (2.55%), Manganese: 0.2mg (9.83%), Copper: 0.12mg (6.2%), Magnesium: 17.25mg (4.31%), Iron: 0.73mg (4.07%), Selenium: 2.53µg (3.62%), Fiber: 0.89g (3.57%), Phosphorus: 33.57mg (3.36%), Vitamin B1: 0.03mg (2.31%), Zinc: 0.33mg (2.21%), Potassium: 70.72mg (2.02%), Vitamin B2: 0.03mg (1.97%), Folate: 6.91µg (1.73%), Vitamin A: 79.69IU (1.59%), Calcium: 13.41mg (1.34%), Vitamin B3: 0.26mg (1.28%), Vitamin B5: 0.11mg (1.05%), Vitamin B6: 0.02mg (1.01%), Vitamin E: 0.15mg (1.01%)