



Sugar Free Chocolate Banana Bread

READY IN



80 min.

SERVINGS



3

CALORIES



1040 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups bananas ripe mashed (approx. 3 bananas)
- ☐ 0.3 cup extra virgin coconut oil melted
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 cup yogurt plain (I used non fat)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips mini

- ☐ 1 cup sugar (See My Notes)
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

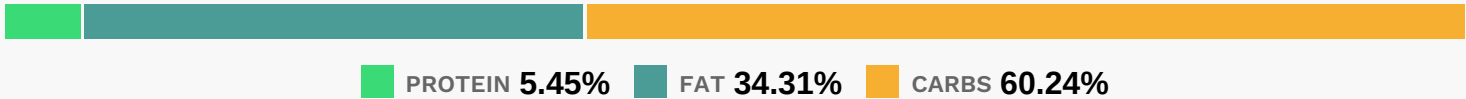
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Grease or line the loaf pan with parchment paper.While the oven is preheating toast the nuts for 8–10 minutes and chop it once it is cool.In a large bowl mix together the dry ingredients (from flour to salt).In another bowl stir together the oil, applesauce, yogurt, bananas and vanilla extract.Fold in the wet ingredients into the dry ingredients. Stir until just combined.Fold in the nuts and chocolate chips. Do not over-mix the batter.Scrape the batter into the prepared pan and bake for about 55–65 minutes or until a toothpick inserted in the center of the bread comes out clean. Mine was done after 60 minutes.
- ☐ Place the pan on a cooling rack and then remove the bread from the pan. Since I had line the pan with parchment paper I was able to remove the bread within a couple of minutes.

Nutrition Facts



Properties

Glycemic Index:110.29, Glycemic Load:95.97, Inflammation Score:-8, Nutrition Score:26.667391036516%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 9.5mg, Catechin: 9.5mg, Catechin: 9.5mg, Catechin: 9.5mg Epicatechin: 16.29mg, Epicatechin: 16.29mg, Epicatechin: 16.29mg, Epicatechin: 16.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 1040.23kcal (52.01%), Fat: 41.13g (63.28%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 162.48g (54.16%), Net Carbohydrates: 152.57g (55.48%), Sugar: 88.69g (98.55%), Cholesterol: 3.84mg (1.28%), Sodium: 479.08mg (20.83%), Alcohol: 0.46g (100%), Alcohol %: 0.17% (100%), Caffeine: 33.44mg (11.15%), Protein: 14.7g (29.41%), Manganese: 1.92mg (95.96%), Copper: 1.01mg (50.5%), Vitamin B1: 0.69mg (46.05%), Folate: 172.49µg (43.12%), Selenium: 30.08µg (42.97%), Fiber: 9.9g (39.62%), Iron: 6.81mg (37.85%), Magnesium: 141.85mg (35.46%), Phosphorus: 324.61mg (32.46%), Vitamin B2: 0.53mg (30.96%), Vitamin B3: 5.4mg (26.99%), Vitamin B6: 0.45mg (22.25%), Potassium: 718.84mg (20.54%), Vitamin E: 3.05mg (20.32%), Calcium: 180.57mg (18.06%), Zinc: 2.38mg (15.85%), Vitamin K: 13.8µg (13.14%), Vitamin C: 7.29mg (8.83%), Vitamin B5: 0.85mg (8.55%), Vitamin A: 93.76IU (1.88%), Vitamin B12: 0.11µg (1.85%)