



Whole Wheat Chocolate Banana Bread

 Vegetarian

READY IN



150 min.

SERVINGS



6

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 bananas ripe mashed
- ☐ 1 tablespoon canola oil
- ☐ 2 large eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon juice of lemon

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup skim milk
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white
- ☐ 1.8 cups flour whole wheat

Equipment

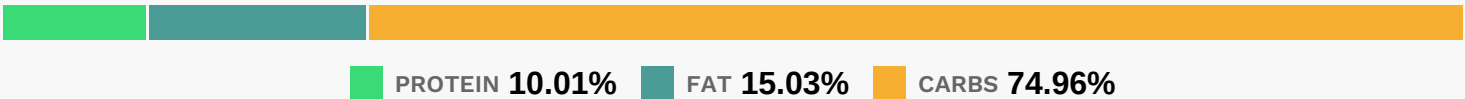
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly spray a 9x5 inch loaf pan or 16 muffin cups with cooking spray. Stir the skim milk and lemon juice together in a glass measuring cup; let stand until curdled, about 30 minutes.
- ☐ Whisk together the whole wheat flour, cocoa powder, baking powder, baking soda, cinnamon, nutmeg, and salt; set aside.
- ☐ Beat the eggs and sugar together with an electric mixer until smooth.
- ☐ Mix in the mashed bananas, the milk mixture, canola oil, and vanilla extract. Stir in the flour mixture just until all ingredients are moistened.
- ☐ Pour the batter into the prepared pan or muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour for a loaf, or 30 minutes for muffins. Cool in the pan for 10 minutes before removing to

cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:24.61, Inflammation Score:-6, Nutrition Score:17.601739043775%

Flavonoids

Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg, Catechin: 8.24mg Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg, Epicatechin: 14.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 338.57kcal (16.93%), Fat: 6.19g (9.52%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 61.24g (22.27%), Sugar: 33.37g (37.08%), Cholesterol: 62.41mg (20.8%), Sodium: 458.77mg (19.95%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Caffeine: 16.48mg (5.49%), Protein: 9.27g (18.55%), Manganese: 1.93mg (96.7%), Selenium: 28.8µg (41.15%), Fiber: 8.18g (32.73%), Phosphorus: 268.34mg (26.83%), Magnesium: 104.58mg (26.15%), Copper: 0.48mg (24.03%), Vitamin B6: 0.41mg (20.26%), Iron: 2.9mg (16.12%), Vitamin B1: 0.22mg (14.36%), Potassium: 498.19mg (14.23%), Calcium: 134.12mg (13.41%), Vitamin B2: 0.22mg (12.82%), Zinc: 1.78mg (11.87%), Vitamin B3: 2.32mg (11.62%), Folate: 38.04µg (9.51%), Vitamin B5: 0.73mg (7.33%), Vitamin C: 5.48mg (6.64%), Vitamin E: 0.91mg (6.05%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.48µg (3.22%), Vitamin A: 160.05IU (3.2%), Vitamin K: 2.96µg (2.82%)