

# Chocolate Banana Bread

- |                                    |                        |
|------------------------------------|------------------------|
| ¼ cup flaxseed                     | 8 oz whole wheat flour |
| 1 oz cocoa powder                  | 4 oz sugar             |
| 3 oz Chocolate shavings            | 2 egg slightly beaten  |
| 1.5 cups banana, peeled and sliced | 2 teas baking powder   |
| 4 oz grape seed oil                | 6 oz 1% lowfat milk    |

Servings: 15  
Yield: slices

## Nutrition Facts

Serving size: 1/15 of a recipe (2.9 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	225.47
Calories From Fat (45%)	100.81
% Daily Value	
<b>Total Fat</b> 11.53g	<b>18%</b>
Saturated Fat 2.32g	<b>12%</b>
<b>Cholesterol</b> 25.25mg	<b>8%</b>
<b>Sodium</b> 89.61mg	<b>4%</b>
<b>Potassium</b> 243.22mg	<b>7%</b>
<b>Total Carbohydrates</b> 29.96g	<b>10%</b>
Fiber 3.57g	<b>14%</b>
Sugar 14.05g	
<b>Protein</b> 4.5g	<b>9%</b>

## Ingredient Details

Recipe Ingredient	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs.	Vitamin C
¼ cup flaxseed	12.03	0.82	0.08	?	1.60	0.90	?
1 oz cocoa powder	4.31	0.26	0.15	0.00	0.40	1.09	0.00
3 oz Chocolate shavings	27.22	1.70	1.01	0.00	0.62	3.62	0.00
1.5 cups banana, peeled and sliced	20.03	0.07	0.03	0.00	0.23	5.14	1.96
4 oz grape seed oil	66.83	7.56	0.73	0.00	0.00	0.00	0.00
8 oz whole wheat flour	51.41	0.38	0.07	0.00	0.30	10.88	0.00
4 oz sugar	29.26	0.00	0.00	0.00	0.08	7.56	0.00
2 egg slightly beaten	9.53	0.63	0.21	24.80	9.47	0.05	0.00
2 teas baking powder	0.33	0.00	0.00	0.00	65.01	0.17	0.00
6 oz 1% lowfat milk	4.54	0.10	0.06	0.45	11.91	0.54	0.11
<b>Total</b>	<b>225.47</b>	<b>11.53</b>	<b>2.32</b>	<b>25.25</b>	<b>89.61</b>	<b>29.96</b>	<b>2.07</b>