



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Chocolate Chip Banana Mug Bread

This delicious chocolate chip banana mug bread is a quick and easy treat that can be enjoyed any time of the day. It's perfect for breakfast, brunch, or as a snack. The bread is moist and fluffy with a hint of banana flavor and bursts of chocolate chips throughout. It can be made in just a few minutes using simple ingredients and a microwave. Give it a try and satisfy your sweet tooth!

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 2 mins

**Total Time:** 7 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 1

**Serving Size:** 200 g

### Ingredients

100 g	Banana
30 g	flour
20 g	sugar
1 tsp	baking powder

<b>1 tsp</b>	salt
<b>60 ml</b>	milk
<b>5 tsp</b>	vegetable oil
<b>1 tsp</b>	vanilla extract
<b>30 g</b>	chocolate chips

## Directions

---

### Step 1

In a microwave-safe mug, mash the banana with a fork until smooth.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 2

**Stirring**

Add the flour, sugar, baking powder, and salt to the mug. Mix well.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

### Step 3

**Stirring**

Add the milk, vegetable oil, and vanilla extract to the mug. Stir until well combined.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

**Stirring**

Stir in the chocolate chips.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

**Microwaving**

Microwave the mug on high for 1-2 minutes, or until the bread is cooked through and a toothpick inserted into the center comes out clean.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 6

**Cooling**

Carefully remove the mug from the microwave (it will be hot). Let the bread cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 60 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	3 g	7.89%	12%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas Easter

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
 Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Breads Soups

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)