



35th Anniversary Hummingbird Cake



Vegetarian



Dairy Free

READY IN



520 min.

SERVINGS



12

CALORIES



385 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups bananas diced ripe 3 medium
- ☐ 8 oz pineapple crushed undrained canned
- ☐ 3 large eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans toasted chopped
- ☐ 2 cups sugar

- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

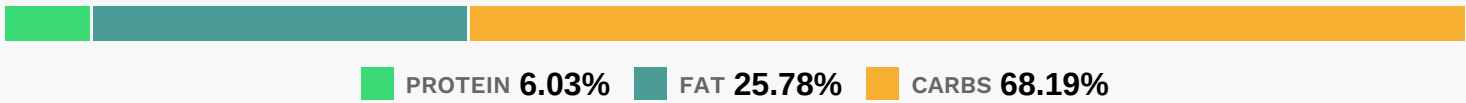
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 5 ingredients in a large bowl; stir in bananas and next 5 ingredients, stirring just until dry ingredients are moistened.
- ☐ Pour batter into 4 greased and floured 9-inch square or round cake pans.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 1 hour).
- ☐ Spread Cream Cheese Custard Filling between layers.
- ☐ Spread Browned Butter Frosting on top and sides of cake. Chill 1 hour before serving. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:43.33, Inflammation Score:-4, Nutrition Score:9.4295651187067%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg,

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 385.01kcal (19.25%), Fat: 11.28g (17.36%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 67.14g (22.38%), Net Carbohydrates: 64.52g (23.46%), Sugar: 39.56g (43.95%), Cholesterol: 46.5mg (15.5%), Sodium: 304.21mg (13.23%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.94g (11.87%), Manganese: 0.69mg (34.39%), Vitamin B1: 0.33mg (22.13%), Selenium: 15.28µg (21.82%), Folate: 70.83µg (17.71%), Vitamin B2: 0.25mg (14.79%), Iron: 2.03mg (11.27%), Vitamin B3: 2.18mg (10.88%), Fiber: 2.62g (10.48%), Copper: 0.2mg (9.81%), Phosphorus: 88.32mg (8.83%), Vitamin B6: 0.16mg (7.93%), Vitamin K: 7.41µg (7.06%), Magnesium: 28.13mg (7.03%), Potassium: 199.86mg (5.71%), Zinc: 0.82mg (5.45%), Vitamin C: 4.05mg (4.91%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.6mg (3.97%), Calcium: 23.93mg (2.39%), Vitamin A: 98.06IU (1.96%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)