



A-Number-1 Banana Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 4 bananas ripe mashed
- ☐ 0.7 cup buttermilk
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup brown sugar light
- ☐ 1 pinch salt
- ☐ 0.5 cup butter unsalted

- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

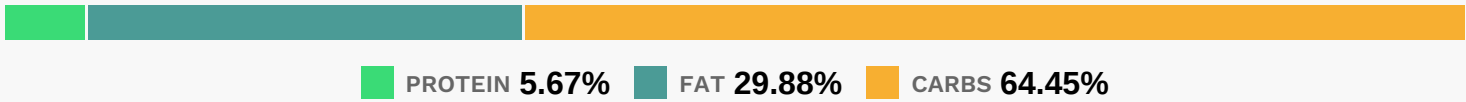
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 – 8 inch round pans. In a small bowl, whisk together flour, baking soda and salt; set aside.
- ☐ In a large bowl, cream butter, white sugar and brown sugar until light and fluffy. Beat in eggs, one at a time.
- ☐ Mix in the bananas.
- ☐ Add flour mixture alternately with the buttermilk to the creamed mixture. Stir in chopped walnuts.
- ☐ Pour batter into the prepared pans.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Remove from oven, and place on a damp tea towel to cool.

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:30.63, Inflammation Score:-4, Nutrition Score:8.1269564784091%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.67kcal (18.23%), Fat: 12.43g (19.12%), Saturated Fat: 5.72g (35.78%), Carbohydrates: 60.31g (20.1%), Net Carbohydrates: 58.25g (21.18%), Sugar: 35.65g (39.61%), Cholesterol: 49.08mg (16.36%), Sodium: 307.31mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Manganese: 0.46mg (23.13%), Selenium: 12.57µg (17.95%), Folate: 64.83µg (16.21%), Vitamin B1: 0.24mg (16.19%), Vitamin B2: 0.23mg (13.38%), Vitamin B6: 0.21mg (10.26%), Vitamin B3: 1.89mg (9.45%), Iron: 1.69mg (9.4%), Phosphorus: 82.32mg (8.23%), Fiber: 2.05g (8.21%), Copper: 0.16mg (8.17%), Magnesium: 27.69mg (6.92%), Potassium: 239.19mg (6.83%), Vitamin A: 324.11IU (6.48%), Vitamin B5: 0.46mg (4.65%), Calcium: 43.94mg (4.39%), Vitamin C: 3.49mg (4.22%), Zinc: 0.55mg (3.68%), Vitamin D: 0.46µg (3.08%), Vitamin E: 0.39mg (2.63%), Vitamin B12: 0.14µg (2.38%), Vitamin K: 1.13µg (1.08%)