



## Banana Bread Crunch Cake

 Vegetarian

READY IN



75 min.

SERVINGS



9

CALORIES



429 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 medium banana
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter melted
- ☐ 1 cup cinnamon cinnamon toast crunch®
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 1 cup granulated sugar

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 1 cup oats
- ☐ 0.5 cup pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla

## Equipment

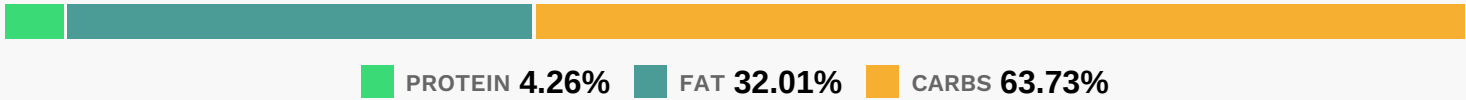
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 375°F. Spray 9-inch square pan with cooking spray.
- ☐ In large bowl, mix 1 cup flour, the granulated sugar, baking powder, cinnamon and 1/4 teaspoon salt.
- ☐ Add 1/2 cup melted butter, the milk, egg and vanilla; mix well. Mash 1 banana (about 1/2 cup), and add to batter; mix well.
- ☐ Pour into pan.
- ☐ Cut remaining banana into 1/4-inch slices; place in single layer over batter.
- ☐ In medium bowl, mix 1/2 cup flour, the brown sugar, oats and 1/8 teaspoon salt. Stir in 1/2 cup melted butter.
- ☐ Add cereal and pecans; mix well.
- ☐ Sprinkle topping over banana slices.
- ☐ Bake 30 minutes.
- ☐ Remove from oven, loosely cover with foil.

- ☐
- Bake 10 to 15 minutes longer or until toothpick inserted in center comes out clean.
- ☐
- Place on cooling rack; cool 15 minutes before serving.
- ☐
- Serve with vanilla ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:48.87, Glycemic Load:25.07, Inflammation Score:-5, Nutrition Score:15.783912829731%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 428.87kcal (21.44%), Fat: 16.63g (25.58%), Saturated Fat: 7.49g (46.83%), Carbohydrates: 74.47g (24.82%), Net Carbohydrates: 58.09g (21.12%), Sugar: 38.89g (43.21%), Cholesterol: 46.93mg (15.64%), Sodium: 179.86mg (7.82%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 4.98g (9.97%), Manganese: 5.34mg (267.01%), Fiber: 16.38g (65.52%), Calcium: 334.78mg (33.48%), Iron: 3.36mg (18.66%), Selenium: 8.43µg (12.05%), Phosphorus: 120.53mg (12.05%), Magnesium: 47.95mg (11.99%), Copper: 0.24mg (11.96%), Vitamin B1: 0.16mg (10.67%), Vitamin K: 9.72µg (9.26%), Vitamin B6: 0.18mg (9.24%), Vitamin A: 461.56IU (9.23%), Potassium: 320.08mg (9.15%), Zinc: 1.31mg (8.73%), Vitamin B2: 0.14mg (8.01%), Vitamin E: 1.12mg (7.44%), Folate: 26.55µg (6.64%), Vitamin B3: 1.15mg (5.73%), Vitamin B5: 0.52mg (5.21%), Vitamin C: 3.35mg (4.06%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.25µg (1.65%)