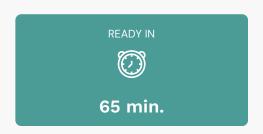
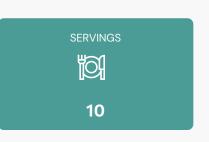


Banana Bread Pudding Cake

Vegetarian







DESSERT

10 servings jell-o vanilla flavor pudding french instant vanilla-flavored

Ingredients

O servings flour
10 servings baking soda
10 servings banana ripe
10 servings butter
10 servings creamy peanut butter
10 servings eggs
10 servings granulated sugar

П	10 servings brown sugar light	
	10 servings salt	
	10 servings greek yogurt sour (Greek yogurt may be substituted)	
	10 servings vanilla extract	
Equipment		
	bowl	
	frying pan	
	oven	
	whisk	
	baking pan	
	toothpicks	
	aluminum foil	
	microwave	
Directions		
	Preheat oven to 350oF, line a 9-by-9-inch baking pan with aluminum foil, and spray with cooking spray; set aside.In a large microwave-safe bowl, melt the butter, about 60 to 90 seconds on high power. To the melted butter, add the peanut butter and heat for about 20 seconds on high power to melt it. Stir the mixture until combined and smooth.	
	Add the sugars and whisk or stir to combine.	
	Add the egg, sour cream (thicker Greek-style yogurt may be substituted), and vanilla and whisk until smooth and free from streaks.	
	Add the bananas and stir to incorporate.	
	Add the pudding mix and stir to incorporate. (Note: Don't make the pudding as directed on the box; simply use the powder as a dry ingredient. The pudding mix powder may be omitted; however, it adds softness, moisture, vanilla flavor, and some sweetness to the cake and I consider it to be the secret ingredient to this cake's success.)	
	Add the flour, baking soda, and salt and stir until just combined. Do not overmix because it overdevelops the gluten, resulting in a tough cake.	



Nutrition Facts

PROTEIN 22.23% FAT 36.4% CARBS 41.37%

Properties

Glycemic Index:26.39, Glycemic Load:27.25, Inflammation Score:-7, Nutrition Score:24.887826250947%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Myricetin: 0.01mg, Myrice

Nutrients (% of daily need)

Calories: 619.32kcal (30.97%), Fat: 25.86g (39.79%), Saturated Fat: 7.55g (47.18%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 61.1g (22.22%), Sugar: 42.23g (46.93%), Cholesterol: 184.43mg (61.48%), Sodium: 780.39mg (33.93%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 35.54g (71.09%), Vitamin B2: 0.96mg (56.37%), Selenium: 38.6µg (55.15%), Phosphorus: 504.86mg (50.49%), Manganese: 0.9mg (44.84%), Vitamin B6: 0.81mg (40.63%), Vitamin B3: 6mg (30.01%), Vitamin B12: 1.8µg (30%), Magnesium: 117.61mg (29.4%), Potassium: 990.78mg (28.31%), Calcium: 274.67mg (27.47%), Folate: 101.32µg (25.33%), Vitamin E: 3.64mg (24.29%), Vitamin B5: 2.14mg (21.41%), Fiber: 5.02g (20.08%), Zinc: 2.69mg (17.94%), Copper: 0.31mg (15.65%), Vitamin B1: 0.2mg (13.6%), Vitamin C: 10.96mg (13.29%), Iron: 2.18mg (12.1%), Vitamin A: 451.19IU (9.02%), Vitamin D: 0.88µg (5.87%), Vitamin K: 1.23µg (1.17%)