



Banana Bread Pudding Cake

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



619 kcal

DESSERT

Ingredients

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

- 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.

- Pour batter into prepared pan and bake for about 35 minutes, or until top is golden, set in the middle, edges have slightly pulled away from the sides of the pan, and a toothpick inserted in the center comes out clean. Allow cake to cool in the pan for at least 20 minutes before removing and serving

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, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

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%)