



Banana Cake Batter

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



374 kcal

Ingredients

- 3 large bananas mashed
- 2 large eggs
- 0.3 cup milk
- 16 oz pound cake mix

Equipment

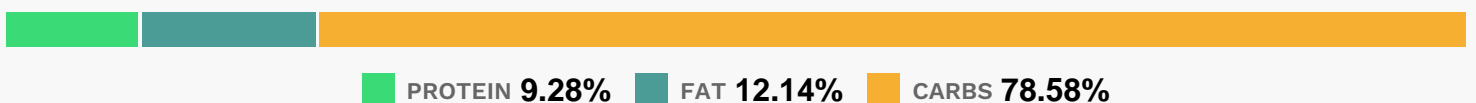
- frying pan
- oven
- wire rack
- loaf pan

- hand mixer
- kugelhopf pan

Directions

- Beat all ingredients at low speed with an electric mixer 30 seconds. Scrape down sides, and beat at medium speed 3 minutes. Use batter immediately, following directions for desired cake.
- Note: For testing purposes only, we used Betty Crocker Pound Cake
- Mix.
- Banana-Pecan Cake Batter: Prepare Banana Cake Batter as directed; stir 1 cup chopped toasted pecans into batter. Use immediately, following directions for desired cake.
- Sprinkle 1/4 cup chopped toasted pecans evenly on bottom of a greased and floured 10-inch Bundt pan; spoon Banana-Pecan Cake Batter into prepared pan.
- Bake at 350 for 35 to 40 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- Remove from pan, and cool completely on wire rack.
- Mini Banana-Pecan Pound Cake Loaves: Spoon Banana-Pecan Cake Batter evenly into 5 (5- x 3-inch) greased and floured loaf pans.
- Bake at 350 for 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool cakes in pans on wire racks 10 minutes.
- Remove from pans; cool completely on wire racks.
- Place 24 paper baking cups in muffin pans. Spoon Banana Cake Batter evenly into paper cups, filling two-thirds full.
- Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean.
- Remove cupcakes from pans, and let cool completely on wire racks. Top each with Buttercream Frosting.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:9.32, Inflammation Score:-4, Nutrition Score:11.633913099766%

Flavonoids

Catechin: 4.98mg, Catechin: 4.98mg, Catechin: 4.98mg, Catechin: 4.98mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 374.07kcal (18.7%), Fat: 5.14g (7.91%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 74.85g (24.95%), Net Carbohydrates: 72.27g (26.28%), Sugar: 44.11g (49.01%), Cholesterol: 168.88mg (56.29%), Sodium: 600.57mg (26.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin B2: 0.42mg (24.56%), Selenium: 15.52µg (22.17%), Manganese: 0.42mg (20.85%), Phosphorus: 198.27mg (19.83%), Vitamin B6: 0.39mg (19.53%), Vitamin B1: 0.26mg (17.52%), Folate: 68.36µg (17.09%), Iron: 3.03mg (16.83%), Potassium: 433.94mg (12.4%), Vitamin B3: 2.33mg (11.63%), Vitamin B5: 1.07mg (10.73%), Fiber: 2.58g (10.3%), Calcium: 98.79mg (9.88%), Magnesium: 36.36mg (9.09%), Vitamin C: 7.1mg (8.61%), Vitamin B12: 0.48µg (8.06%), Copper: 0.13mg (6.72%), Vitamin A: 326.28IU (6.53%), Zinc: 0.91mg (6.07%), Vitamin D: 0.76µg (5.07%), Vitamin E: 0.52mg (3.45%)