

Banana Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



201 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup bananas mashed
- 0.8 cup butter
- 3 eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt
- 0.8 cup milk sour

- 1 teaspoon vanilla extract
- 1.5 cups sugar white

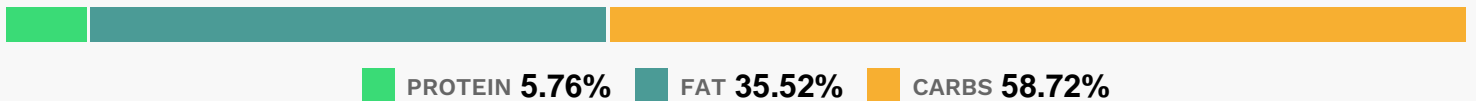
Equipment

- bowl
- oven
- baking pan
- wax paper

Directions

- In a large bowl, mix together butter or margarine, sugar, eggs and vanilla. Set aside.
- In another bowl, sift together flour, salt, soda, and baking powder.
- Add these dry ingredients to the creamed mixture.
- Add sour milk and bananas to the batter. Beat together well.
- Line two 9 inch round cake pans, or one 9 x 13 inch pan with wax paper; the pans can be greased and floured instead, if desired.
- Bake at 350 degrees F (175 degrees C) for 17 to 20 minutes for the layered cakes, or for 25 to 40 minutes for the sheet cake.

Nutrition Facts



Properties

Glycemic Index:18.99, Glycemic Load:20.56, Inflammation Score:-3, Nutrition Score:3.9656521677971%

Flavonoids

Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 201.28kcal (10.06%), Fat: 8.06g (12.4%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 29.27g (10.65%), Sugar: 16.88g (18.76%), Cholesterol: 43.95mg (14.65%), Sodium: 174.87mg (7.6%),

Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 2.94g (5.88%), Selenium: 7.79µg (11.12%), Vitamin B1: 0.13mg (8.96%), Folate: 34.2µg (8.55%), Vitamin B2: 0.13mg (7.89%), Manganese: 0.14mg (7.02%), Vitamin A: 270.39IU (5.41%), Vitamin B3: 1.02mg (5.08%), Iron: 0.9mg (5.01%), Phosphorus: 48.1mg (4.81%), Vitamin B6: 0.07mg (3.26%), Calcium: 31.86mg (3.19%), Fiber: 0.71g (2.86%), Vitamin B5: 0.25mg (2.51%), Potassium: 82.52mg (2.36%), Magnesium: 8.61mg (2.15%), Vitamin B12: 0.12µg (2.04%), Vitamin E: 0.29mg (1.95%), Copper: 0.04mg (1.87%), Zinc: 0.26mg (1.72%), Vitamin D: 0.23µg (1.55%), Vitamin C: 0.98mg (1.19%)