



Banana Cake to Take

READY IN



55 min.

SERVINGS



16

CALORIES



222 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1.5 cups banana very ripe mashed (4 medium)
- 0.7 cup buttermilk
- 1.5 cups cake flour
- 1 eggs
- 0.8 cup granulated sugar
- 1.5 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves

- 0.7 cup nuts chopped
- 1 cup rolled oats
- 16 servings powdered sugar
- 0.7 cup raisins
- 1 teaspoon vanilla
- 0.7 cup vegetable oil

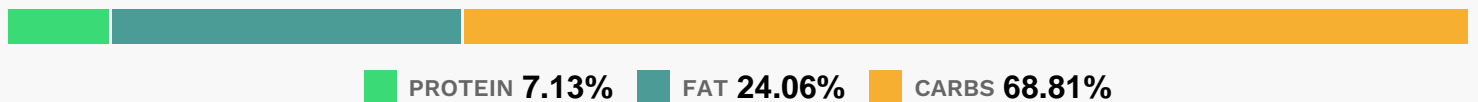
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 350F. Spray rectangular pan, 13x9x2 inches, with cooking spray.
- Beat egg, oil, buttermilk, bananas, granulated sugar and vanilla in large bowl. Stir in flour, oats, baking soda, baking powder, cinnamon and cloves. Stir in nuts and raisins.
- Pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean; cool.
- Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:28.02, Glycemic Load:17.83, Inflammation Score:-2, Nutrition Score:5.3060869522717%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 222.44kcal (11.12%), Fat: 6.14g (9.45%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 37.29g (13.56%), Sugar: 19.52g (21.69%), Cholesterol: 11.33mg (3.78%), Sodium: 181.26mg (7.88%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.1g (8.19%), Manganese: 0.52mg (25.99%), Selenium: 7.62µg (10.89%), Fiber: 2.23g (8.92%), Phosphorus: 85.49mg (8.55%), Copper: 0.15mg (7.69%), Magnesium: 30.73mg (7.68%), Potassium: 185.58mg (5.3%), Vitamin B6: 0.1mg (4.95%), Vitamin B2: 0.08mg (4.8%), Iron: 0.85mg (4.71%), Zinc: 0.62mg (4.16%), Vitamin B1: 0.06mg (4.12%), Calcium: 41.19mg (4.12%), Vitamin K: 3.73µg (3.56%), Folate: 13.3µg (3.33%), Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.31mg (3.11%), Vitamin C: 1.58mg (1.92%), Vitamin E: 0.28mg (1.84%), Vitamin D: 0.19µg (1.23%), Vitamin B12: 0.07µg (1.17%)