



WHATSheATE

Banana Cake V

READY IN



45 min.

SERVINGS



10

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 0.5 cup butter
- ☐ 1.5 cups cake flour
- ☐ 2 eggs beaten
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups sugar white

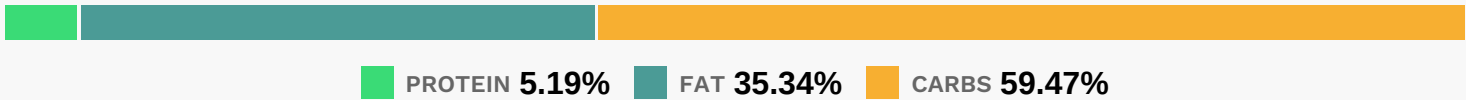
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9 inch pan.
- ☐ In a large bowl, cream butter and sugar until light.
- ☐ Add eggs and beat well. Dissolve soda in the sour cream and add it to the butter mixture. Beat well.
- ☐ Add the mashed bananas and mix in.
- ☐ Add cake flour and mix well. Stir in vanilla extract.
- ☐ Pour batter into a 9x9 inch pan and bake at 350 degrees F (175 degrees C) for 45 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:24.19, Glycemic Load:28.76, Inflammation Score:-3, Nutrition Score:3.8930434921513%

Flavonoids

Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg 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: 290.46kcal (14.52%), Fat: 11.62g (17.88%), Saturated Fat: 6.76g (42.26%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 42.98g (15.63%), Sugar: 28.04g (31.15%), Cholesterol: 60.53mg (20.18%), Sodium: 197.59mg (8.59%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 3.84g (7.67%), Selenium: 10.85µg (15.5%), Manganese: 0.21mg (10.71%), Vitamin A: 381.75IU (7.64%), Vitamin B6: 0.11mg (5.36%), Vitamin B2: 0.09mg (5.09%), Phosphorus: 47.68mg (4.77%), Fiber: 1.03g (4.14%), Folate: 15.51µg (3.88%), Potassium: 122.45mg (3.5%), Vitamin B5: 0.32mg (3.24%), Magnesium: 12.67mg (3.17%), Vitamin E: 0.48mg (3.17%), Copper: 0.06mg (3.05%), Vitamin C:

2.01mg (2.44%), Zinc: 0.34mg (2.26%), Iron: 0.4mg (2.23%), Vitamin B12: 0.11µg (1.83%), Vitamin B1: 0.03mg (1.82%),
Vitamin B3: 0.36mg (1.78%), Calcium: 17.69mg (1.77%), Vitamin D: 0.18µg (1.17%), Vitamin K: 1.08µg (1.02%)