

Banana Cake VII

 Vegetarian

READY IN



180 min.

SERVINGS



16

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups bananas mashed
- ☐ 0.5 cup butter softened
- ☐ 1 egg white
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice

- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

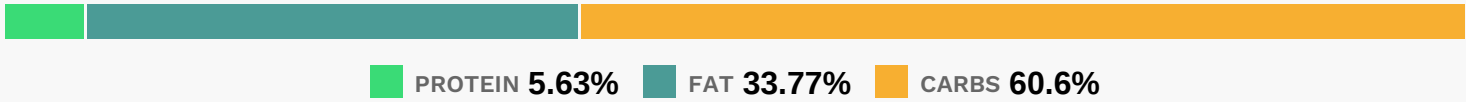
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Sift flour, baking powder, soda, salt and allspice together and set aside.
- ☐ In a large bowl, cream the butter and sugar until light and fluffy.
- ☐ Add eggs and egg white and beat well.
- ☐ Add the mashed banana, vanilla and milk.
- ☐ Add the flour mixture and mix until well blended.
- ☐ Divide batter into two 9 inch pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool completely and frost with Cream Cheese Frosting.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:17.65, Inflammation Score:-2, Nutrition Score:3.5791304111481%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg 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: 172.07kcal (8.6%), Fat: 6.57g (10.1%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 25.65g (9.33%), Sugar: 15.27g (16.97%), Cholesterol: 35.94mg (11.98%), Sodium: 197.88mg (8.6%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 2.46g (4.92%), Selenium: 6.43µg (9.19%), Folate: 28.55µg (7.14%), Manganese: 0.14mg (7.07%), Vitamin B1: 0.1mg (6.82%), Vitamin B2: 0.11mg (6.74%), Vitamin B6: 0.09mg (4.68%), Vitamin A: 223.68IU (4.47%), Vitamin B3: 0.85mg (4.23%), Iron: 0.74mg (4.12%), Phosphorus: 38.98mg (3.9%), Fiber: 0.87g (3.49%), Potassium: 104.61mg (2.99%), Calcium: 28.83mg (2.88%), Magnesium: 9.69mg (2.42%), Vitamin B5: 0.22mg (2.25%), Vitamin C: 1.85mg (2.24%), Copper: 0.04mg (1.96%), Vitamin E: 0.25mg (1.68%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.07µg (1.21%)