

Banana Cake VIII

READY IN



80 min.

SERVINGS



15

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 5 bananas ripe mashed
- ☐ 0.5 cup brown sugar
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.8 cup butter
- ☐ 0.8 cup peanuts crushed
- ☐ 1 cup semi chocolate chips

- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

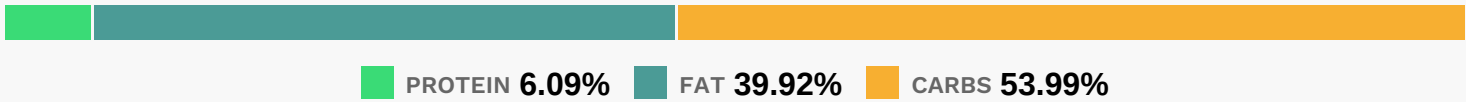
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking powder and baking soda. Set aside.
- ☐ In a large bowl, cream the margarine and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla and mashed bananas. Beat in the flour mixture alternately with the sour cream, mixing just until incorporated.
- ☐ Pour batter into prepared pan and sprinkle with topping.
- ☐ To make topping: in a small bowl, mix together chocolate chips, chopped peanuts and brown sugar.
- ☐ Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:20.41, Glycemic Load:32.32, Inflammation Score:-6, Nutrition Score:10.912608670152%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 459.97kcal (23%), Fat: 20.86g (32.09%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 63.48g (21.16%), Net Carbohydrates: 60.13g (21.87%), Sugar: 36.8g (40.89%), Cholesterol: 40.24mg (13.41%), Sodium: 331.52mg (14.41%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 10.32mg (3.44%), Protein: 7.16g (14.31%), Manganese: 0.64mg (31.92%), Selenium: 13.74µg (19.63%), Folate: 76.15µg (19.04%), Vitamin B1: 0.27mg (17.9%), Vitamin B3: 3.03mg (15.15%), Copper: 0.3mg (14.78%), Iron: 2.59mg (14.39%), Vitamin B2: 0.24mg (13.87%), Phosphorus: 135.95mg (13.59%), Magnesium: 54.35mg (13.59%), Fiber: 3.35g (13.41%), Vitamin A: 556.33IU (11.13%), Vitamin B6: 0.21mg (10.43%), Potassium: 331.86mg (9.48%), Calcium: 78.5mg (7.85%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.86mg (5.75%), Vitamin C: 3.55mg (4.3%), Vitamin E: 0.61mg (4.09%), Vitamin B12: 0.14µg (2.26%), Vitamin K: 1.33µg (1.27%), Vitamin D: 0.18µg (1.17%)