



## Banana Cake with Coconut Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



202 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup well-mashed bananas very ripe
- ☐ 3 tablespoons well-stirred cream of coconut such as coco lópez canned (not coconut milk)
- ☐ 0.3 cup confectioners sugar
- ☐ 3 oz cream cheese softened
- ☐ 1 teaspoon rum dark
- ☐ 1 large eggs

- ☐ 0.8 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla

## Equipment

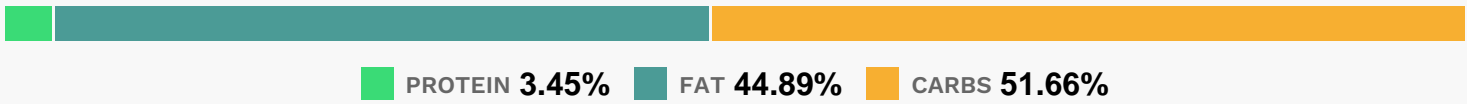
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ skewers

## Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Lightly butter and flour a 9-inch round cake pan, knocking out excess flour.
- ☐ Whisk together flour (1 1/2 cups), baking powder, baking soda, and salt in a small bowl.
- ☐ Beat together butter (1 stick) and brown sugar in a large bowl with an electric mixer at high speed until pale and fluffy. Beat in egg until combined, then add bananas, sour cream, and vanilla and beat until combined well. Reduce speed to low and add flour mixture, mixing until just incorporated.
- ☐ Spread batter in cake pan and bake until pale golden and a wooden pick or skewer inserted in center comes out clean, 20 to 25 minutes.
- ☐ Cool in pan on a rack 10 minutes. Run a thin knife around edge of pan, then invert rack over cake and invert cake onto rack to cool completely.

- ☐ Beat together cream cheese and butter in a bowl using cleaned beaters at medium speed until smooth. Reduce speed to low, then add confectioners sugar, cream of coconut, and rum (if using) and mix until combined. Increase speed to high and beat until light and fluffy, about 2 minutes.
- ☐ Frost top of cooled cake and sprinkle with coconut.

## Nutrition Facts



## Properties

Glycemic Index:18.88, Glycemic Load:2.15, Inflammation Score:-2, Nutrition Score:2.9600000148234%

## Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg 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: 201.51kcal (10.08%), Fat: 10.33g (15.9%), Saturated Fat: 6.76g (42.27%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 25.94g (9.43%), Sugar: 23.58g (26.2%), Cholesterol: 39.61mg (13.2%), Sodium: 283.79mg (12.34%), Alcohol: 0.24g (100%), Alcohol %: 0.43% (100%), Protein: 1.78g (3.57%), Manganese: 0.15mg (7.31%), Calcium: 68.6mg (6.86%), Vitamin A: 292.8IU (5.86%), Phosphorus: 50.25mg (5.03%), Selenium: 3.37µg (4.81%), Vitamin B6: 0.09mg (4.37%), Vitamin B2: 0.07mg (3.95%), Potassium: 134.06mg (3.83%), Fiber: 0.82g (3.28%), Magnesium: 10.96mg (2.74%), Copper: 0.05mg (2.69%), Iron: 0.48mg (2.66%), Vitamin B5: 0.24mg (2.43%), Folate: 8.25µg (2.06%), Vitamin C: 1.65mg (1.99%), Vitamin E: 0.26mg (1.75%), Zinc: 0.22mg (1.5%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.16µg (1.09%), Vitamin B3: 0.21mg (1.05%)