



Banana Cake with Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



236 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 4 large banana ripe
- 2 tablespoons canola oil
- 1.5 cups powdered sugar
- 2 large egg whites at room temperature
- 2 cups flour all-purpose
- 4 ounces cream cheese at room temperature reduced-fat
- 0.3 cup milk

- 0.5 teaspoon salt
- 0.8 cup sugar
- 4 tablespoons butter unsalted at room temperature
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 2 tablespoons walnuts toasted chopped

Equipment

- frying pan
- oven
- wire rack
- baking pan
- hand mixer
- toothpicks

Directions

- Make cake: Preheat oven to 375F. Mist an 8-inch square pan with cooking spray.
- Mix flour, baking powder and salt. With an electric mixer, beat butter, oil and sugar. Beat in eggs and egg white, then vanilla. Mash bananas with milk.
- Stir half of dry ingredients into butter mixture, then stir in banana mixture.
- Mix in remaining dry ingredients.
- Pour batter into baking pan.
- Bake until a toothpick inserted in center of cake comes out clean, about 40 to 45 minutes.
- Let cake cool in pan on a wire rack.
- Make frosting: With an electric mixer, beat cream cheese and vanilla. Reduce speed and gradually beat in confectioners' sugar.
- Spread cake with frosting and sprinkle with walnuts, if desired.

Nutrition Facts



■ PROTEIN 5.53% ■ FAT 25.81% ■ CARBS 68.66%

Properties

Glycemic Index:21.87, Glycemic Load:19.14, Inflammation Score:-3, Nutrition Score:5.0313043957171%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg 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

Nutrients (% of daily need)

Calories: 235.75kcal (11.79%), Fat: 6.91g (10.64%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 39.99g (14.54%), Sugar: 25.26g (28.06%), Cholesterol: 11.81mg (3.94%), Sodium: 160.83mg (6.99%), Alcohol: 0.13g (100%), Alcohol %: 0.18% (100%), Protein: 3.34g (6.67%), Manganese: 0.24mg (12.22%), Selenium: 7.04µg (10.06%), Folate: 38.24µg (9.56%), Vitamin B1: 0.14mg (9.52%), Vitamin B2: 0.15mg (8.58%), Vitamin B6: 0.14mg (7.21%), Vitamin B3: 1.18mg (5.91%), Phosphorus: 55.74mg (5.57%), Fiber: 1.39g (5.56%), Iron: 0.93mg (5.19%), Calcium: 51.25mg (5.12%), Potassium: 175.82mg (5.02%), Magnesium: 16.32mg (4.08%), Copper: 0.07mg (3.73%), Vitamin C: 2.97mg (3.61%), Vitamin A: 154.77IU (3.1%), Vitamin E: 0.46mg (3.07%), Vitamin B5: 0.28mg (2.75%), Vitamin K: 1.83µg (1.75%), Zinc: 0.26mg (1.75%), Vitamin B12: 0.1µg (1.59%)