



Banana Cake with Fudge Frosting

READY IN



110 min.

SERVINGS



15

CALORIES



379 kcal

DESSERT

Ingredients

- 2 cups flour all-purpose
- 1.5 teaspoons baking soda
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup granulated sugar
- 1 cup butter softened
- 2 eggs
- 1 teaspoon vanilla
- 0.5 cup buttermilk

- 1 cup bananas mashed (2 large)
- 1 cup granulated sugar
- 0.5 cup cocoa powder unsweetened
- 0.5 cup milk
- 0.3 cup butter
- 2 tablespoons plus light
- 1 cups powdered sugar
- 1 teaspoon vanilla

Equipment

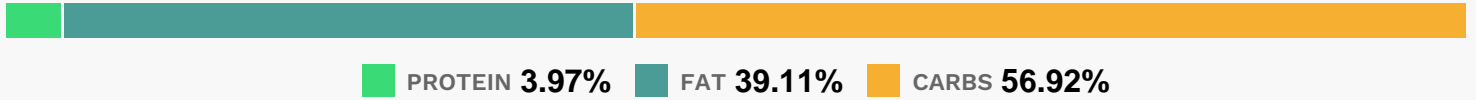
- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F. Grease bottom and sides of rectangular pan, 13x9x2 inches, with shortening. In medium bowl, mix flour, baking soda, cinnamon and salt; set aside.
- In large bowl, beat 1 cup sugar and 1 cup butter with electric mixer on high speed, scraping bowl occasionally, until fluffy. Beat in eggs and 1 teaspoon vanilla. Gradually beat in flour mixture alternately with buttermilk until smooth. Stir in bananas.
- Pour into pan.
- Bake 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. Cool completely, about 1 hour.
- Meanwhile, in 2-quart saucepan, mix 1 cup granulated sugar and the cocoa. Stir in milk, 1/4 cup butter and the corn syrup.
- Heat to boiling, stirring frequently. Boil 3 minutes, stirring occasionally; remove from heat. Beat in powdered sugar and 1 teaspoon vanilla with spoon until smooth and spreadable.

Spread Fudge Frosting on cooled cake.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:30.17, Inflammation Score:-6, Nutrition Score:6.2095652520657%

Flavonoids

Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 17.01g (26.17%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 55.7g (18.57%), Net Carbohydrates: 53.76g (19.55%), Sugar: 39.49g (43.88%), Cholesterol: 23.68mg (7.89%), Sodium: 349.79mg (15.21%), Alcohol: 0.18g (100%), Alcohol %: 0.2% (100%), Caffeine: 6.59mg (2.2%), Protein: 3.88g (7.77%), Vitamin A: 744.5IU (14.89%), Manganese: 0.28mg (14.04%), Selenium: 8.69µg (12.42%), Vitamin B1: 0.15mg (10.14%), Vitamin B2: 0.17mg (9.77%), Folate: 37.77µg (9.44%), Fiber: 1.94g (7.74%), Copper: 0.15mg (7.69%), Iron: 1.34mg (7.45%), Phosphorus: 73.4mg (7.34%), Magnesium: 25.2mg (6.3%), Vitamin B3: 1.17mg (5.87%), Vitamin E: 0.69mg (4.58%), Potassium: 155.96mg (4.46%), Vitamin B6: 0.09mg (4.28%), Calcium: 36.56mg (3.66%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.3mg (2.97%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.31µg (2.07%), Vitamin C: 1.35mg (1.63%)