



Banana Cake with Fudge Frosting

READY IN



110 min.

SERVINGS



15

CALORIES



326 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 1 cup bananas mashed (2 large)
- 0.3 cup butter
- 1 cup butter softened
- 0.5 cup buttermilk
- 2 tablespoons plus light
- 2 eggs
- 2 cups flour all-purpose
- 1 cup granulated sugar

- 0.5 teaspoon ground cinnamon
- 0.5 cup milk
- 1 cups powdered sugar
- 0.3 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla

Equipment

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

Directions

- Heat oven to 350F. 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

PROTEIN 4.6% FAT 45.21% CARBS 50.19%

Properties

Glycemic Index:19.52, Glycemic Load:20.86, Inflammation Score:-6, Nutrition Score:6.1869565054126%

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: 326.48kcal (16.32%), Fat: 16.97g (26.1%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 40.45g (14.71%), Sugar: 26.15g (29.05%), Cholesterol: 23.68mg (7.89%), Sodium: 349.63mg (15.2%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 6.59mg (2.2%), Protein: 3.88g (7.77%), Vitamin A: 744.5IU (14.89%), Manganese: 0.28mg (13.98%), Selenium: 8.61µg (12.3%), Vitamin B1: 0.15mg (10.14%), Vitamin B2: 0.16mg (9.61%), Folate: 37.77µg (9.44%), Fiber: 1.94g (7.74%), Copper: 0.15mg (7.63%), Iron: 1.33mg (7.41%), Phosphorus: 73.38mg (7.34%), Magnesium: 25.17mg (6.29%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.69mg (4.58%), Potassium: 155.29mg (4.44%), Vitamin B6: 0.09mg (4.27%), Calcium: 36.4mg (3.64%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.3mg (2.97%), Vitamin B12: 0.15µg (2.53%), Vitamin D: 0.31µg (2.07%), Vitamin C: 1.35mg (1.63%)