



## Banana Cake with Passion Fruit Caramel and Coconut Meringue

READY IN



45 min.

SERVINGS



12

CALORIES



339 kcal

DESSERT

### Ingredients

- 1.3 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 250 g banana ripe mashed ( 3 of them)
- 115 g buttermilk well-shaken
- 330 g cake flour
- 1 teaspoon coconut extract
- 85 g plus light
- 2 large egg whites

- 2 large eggs room temperature
- 115 g cup heavy whipping cream
- 0.3 cup pear puree
- 0.5 teaspoon salt
- 0.5 cup shortening
- 100 g sugar
- 56 g butter unsalted cut into pieces
- 2 teaspoons vanilla extract
- 0.3 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- loaf pan
- toothpicks
- stand mixer

## Directions

- For the cake:Preheat oven to 325 degrees F. Butter and flour two 8-in square by 2-in deep pans (i like the kind with the removable bottom), plus a loaf pan for the extra batter.
- Cut parchment paper to fit the bottom of the pans and press in.Sift flour, baking powder, baking soda, and salt together in medium bowl and set aside.
- Place butter in bowl of a stand mixer and beat until very light and fluffy, about 5 minutes.
- Add the shortening and beat until very light and fluffy and combined, another 5 minutes.
- Add in the eggs, one at a time, and beat until combined.

- Add the vanilla extract and beat until combined.
- Add in the bananas and beat on low until combined.
- Add in the flour mixture and buttermilk in five additions, beginning and ending with the flour. Beat in between additions just to combine. Divide batter evenly between prepared pans.
- Bake for 30–35 minutes, until a toothpick inserted into the center comes out clean.
- Combine sugar, corn syrup, water, and salt in a medium, heavy-bottomed saucepan. Bring to a boil over high heat. Meanwhile, bring the cream to a simmer in separate small saucepan and keep warm. Continue cooking until sugar mixture is dark amber, about 6–8 minutes. Do not let the mixture burn!
- Remove from heat and add the cream slowly; mixture will bubble up furiously and settle down. Stir to combine.
- Add in butter a few pieces at a time and stir until melted and incorporated.
- Add in passionfruit puree and stir to combine. Reheat the mixture over medium high heat to about 250 degrees F.
- Remove from heat and let cool to room temperature.
- Place one cake layer on a plate and spread caramel over the top.
- Combine the sugar and egg whites in a medium metal bowl and place over a pan of simmering water.
- Whisk the sugar mixture constantly over heat until the sugar is dissolved and the mixture looks smooth and shiny, about 3 minutes.
- Remove mixture from heat and pour into a stand mixer bowl.
- Whisk on medium speed for about 5 minutes until the mixture has cooled. Beat on high speed until stiff glossy peaks form, about another 5 to 10 minutes.
- Add vanilla and beat to combine.
- Spread meringue over top of cake. Use a brulee torch to brown the meringue.

## Nutrition Facts

■ PROTEIN **6.82%** ■ FAT **46.02%** ■ CARBS **47.16%**

### Properties

Glycemic Index:32.13, Glycemic Load:22.7, Inflammation Score:-3, Nutrition Score:5.7739130828692%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 338.73kcal (16.94%), Fat: 17.49g (26.91%), Saturated Fat: 7.28g (45.47%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 39.04g (14.2%), Sugar: 18.07g (20.08%), Cholesterol: 52.92mg (17.64%), Sodium: 272.36mg (11.84%), Alcohol: 0.37g (100%), Alcohol %: 0.38% (100%), Protein: 5.83g (11.67%), Selenium: 15.61µg (22.29%), Manganese: 0.28mg (14.21%), Vitamin B2: 0.13mg (7.92%), Vitamin A: 389.67IU (7.79%), Phosphorus: 73.35mg (7.33%), Vitamin E: 0.99mg (6.62%), Vitamin B6: 0.11mg (5.74%), Calcium: 55.17mg (5.52%), Vitamin K: 5.64µg (5.37%), Folate: 20.67µg (5.17%), Fiber: 1.29g (5.15%), Vitamin B5: 0.46mg (4.63%), Vitamin C: 3.8mg (4.61%), Potassium: 156.57mg (4.47%), Copper: 0.09mg (4.3%), Magnesium: 16.72mg (4.18%), Vitamin D: 0.51µg (3.43%), Zinc: 0.48mg (3.18%), Vitamin B1: 0.05mg (3.08%), Iron: 0.53mg (2.96%), Vitamin B12: 0.15µg (2.44%), Vitamin B3: 0.48mg (2.41%)