



WHATSheATE



Banana cake with pecan crumble crunch



Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



576 kcal

DESSERT

Ingredients

- ☐ 250 g brown sugar
- ☐ 250 g self raising flour
- ☐ 140 g pecans roughly chopped
- ☐ 1 tbsp butter
- ☐ 2 egg whites
- ☐ 3 large banana ripe mashed
- ☐ 150 ml unrefined sunflower oil
- ☐ 100 ml milk

- ☐ 1 tsp cinnamon
- ☐ 1 tsp double-acting baking powder

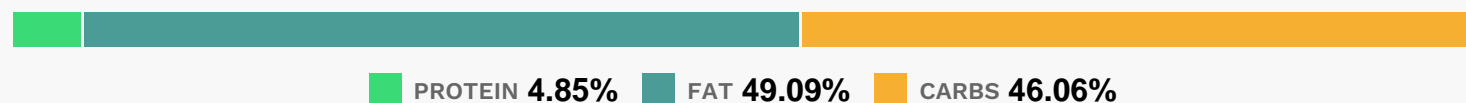
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ spatula
- ☐ skewers

Directions

- ☐ Heat the oven to 180C/fan 160C/gas 4, and line the base and sides of a deep 20cm (8 inch) loose-bottomed cake tin with baking parchment. For the crumble topping stir together 2 tbsp each of the sugar, flour and chopped pecans, then add the butter, cut into a few pieces, and rub together until you have sticky crumbs. Set aside.
- ☐ Break up the whole eggs with a fork, then mix with the mashed banana, oil and milk until all the wet ingredients are well combined. In a separate, large bowl tip in the remaining sugar, flour and pecans, and briefly stir with the cinnamon and baking powder.
- ☐ Whisk the egg whites until just stiff. To combine, tip the oily banana mixture into the bowl of dry ingredients and quickly stir in until you have a smooth, lump-free mix. Finally using a large metal spoon or spatula gently fold in the egg whites, then carefully pour the mixture into the prepared tin. Scatter over the crumble topping and bake for 1 hr, until a skewer stuck in to the middle comes out clean. Check the cake with 15 mins to go, if the surface is browning too quickly cover with another piece of baking parchment.
- ☐ Once the cake is ready leave it in its tin for 5 minutes, then finish cooling on a wire rack.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:20.78, Inflammation Score:-4, Nutrition Score:12.447391408941%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 576.07kcal (28.8%), Fat: 32.43g (49.9%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 68.46g (22.82%), Net Carbohydrates: 64.53g (23.47%), Sugar: 38.01g (42.23%), Cholesterol: 5.36mg (1.79%), Sodium: 99.63mg (4.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Manganese: 1.25mg (62.54%), Vitamin E: 7.57mg (50.49%), Selenium: 15.73µg (22.47%), Copper: 0.32mg (16.22%), Fiber: 3.93g (15.72%), Vitamin B6: 0.26mg (12.86%), Magnesium: 48.33mg (12.08%), Phosphorus: 118.64mg (11.86%), Vitamin B1: 0.16mg (10.93%), Potassium: 360.65mg (10.3%), Calcium: 99.28mg (9.93%), Zinc: 1.21mg (8.05%), Vitamin B2: 0.13mg (7.66%), Iron: 1.18mg (6.53%), Folate: 25.05µg (6.26%), Vitamin B5: 0.56mg (5.65%), Vitamin C: 4.64mg (5.63%), Vitamin B3: 0.92mg (4.59%), Vitamin A: 109.27IU (2.19%), Vitamin K: 2.16µg (2.06%), Vitamin B12: 0.08µg (1.32%)