



Banana Cake X

READY IN



50 min.

SERVINGS



15

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 large bananas very ripe mashed
- ☐ 0.5 cup butter softened
- ☐ 3 eggs
- ☐ 2 tablespoons juice of lemon
- ☐ 0.7 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 18.3 ounce butter cake mix

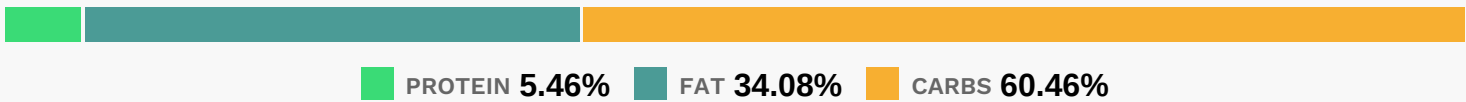
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Put 1 tablespoon lemon juice in a measuring cup with 2/3 cup milk. Set aside. Mash bananas with a fork, adding the remaining 1 tablespoon lemon juice to them as you mash. Set aside.
- ☐ In a large bowl, combine cake mix and baking soda. Stir to combine.
- ☐ Add bananas, softened butter, milk mixture, eggs and vanilla. Beat at low speed until moistened (about 30 seconds). Beat at medium speed for 4 minutes.
- ☐ Pour into prepared pan.
- ☐ Bake in the preheated oven for 30 to 35 minutes, or until center of cake springs back when lightly tapped. A toothpick stuck in the center may leave a slight crumb. Allow to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:9.52, Glycemic Load:2.2, Inflammation Score:-3, Nutrition Score:4.8143477958182%

Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.62kcal (10.88%), Fat: 8.34g (12.84%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 32.41g (11.79%), Sugar: 17.79g (19.76%), Cholesterol: 50.31mg (16.77%), Sodium: 389.56mg (16.94%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 3.01g (6.02%), Phosphorus: 141.28mg (14.13%), Calcium: 93.92mg (9.39%), Vitamin B2: 0.15mg (8.9%), Folate: 31.84µg (7.96%), Vitamin B1: 0.1mg (6.39%), Selenium: 4.2µg (6%), Manganese: 0.12mg (5.93%), Vitamin B6: 0.12mg (5.79%), Vitamin A: 265.9IU (5.32%), Iron: 0.92mg (5.12%), Vitamin B3: 0.94mg (4.72%), Vitamin E: 0.61mg (4.08%), Vitamin B5: 0.37mg (3.73%), Fiber: 0.89g (3.57%), Potassium: 113.81mg (3.25%), Vitamin B12: 0.18µg (3.07%), Vitamin C: 2.35mg (2.85%), Magnesium: 11.01mg (2.75%), Copper: 0.05mg (2.3%), Vitamin D: 0.3µg (1.97%), Zinc: 0.29mg (1.91%), Vitamin K: 1.68µg (1.6%)