



Banana-Chocolate Brunch Cake

READY IN



45 min.

SERVINGS



10

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups banana mashed (3 large)
- ☐ 4 ounces bittersweet chocolate divided chopped
- ☐ 0.8 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 teaspoon salt
- ☐ 8 teaspoons water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, baking soda, salt, and cinnamon in a large bowl, stirring with a whisk.
- ☐ Combine banana, milk, and egg, stirring until well blended.
- ☐ Add banana mixture to flour mixture, stirring just until moist. Gently fold in half of chocolate. Spoon batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely.
- ☐ Combine remaining chocolate and hot water in a small microwave-safe bowl; microwave at high 30 seconds or until almost melted. Stir until smooth.
- ☐ Drizzle glaze over cooled cake.

Nutrition Facts



 **PROTEIN 6.77%**  **FAT 17.17%**  **CARBS 76.06%**

Properties

Glycemic Index:26, Glycemic Load:19.03, Inflammation Score:-4, Nutrition Score:8.2582608979681%

Flavonoids

Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 269.08kcal (13.45%), Fat: 5.22g (8.03%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 49.23g (17.9%), Sugar: 26.05g (28.95%), Cholesterol: 19.46mg (6.49%), Sodium: 251.11mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 4.63g (9.26%), Manganese: 0.46mg (23.17%), Selenium: 11.74µg (16.77%), Vitamin B1: 0.22mg (14.62%), Folate: 57.39µg (14.35%), Iron: 2.27mg (12.61%), Vitamin B2: 0.19mg (11.34%), Copper: 0.23mg (11.25%), Fiber: 2.78g (11.12%), Magnesium: 40.66mg (10.17%), Vitamin B6: 0.2mg (9.95%), Phosphorus: 96.68mg (9.67%), Vitamin B3: 1.9mg (9.5%), Potassium: 291.58mg (8.33%), Calcium: 73.56mg (7.36%), Vitamin C: 3.92mg (4.75%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.41mg (4.14%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 74.11IU (1.48%), Vitamin E: 0.18mg (1.2%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.15µg (1.09%)