



WHATSheATE



Banana-Chocolate Chip Cake with Peanut Butter Frosting

READY IN



45 min.

SERVINGS



16

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups banana very ripe mashed
- ☐ 10 ounce chocolate chips mini
- ☐ 16 servings chocolate chips mini
- ☐ 2 cups creamy peanut butter
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons kosher salt

- ☐ 0.5 cup brown sugar light packed ()
- ☐ 1.5 cups powdered sugar
- ☐ 1 cup cream sour
- ☐ 1.5 cups sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 2.5 teaspoons vanilla extract

Equipment

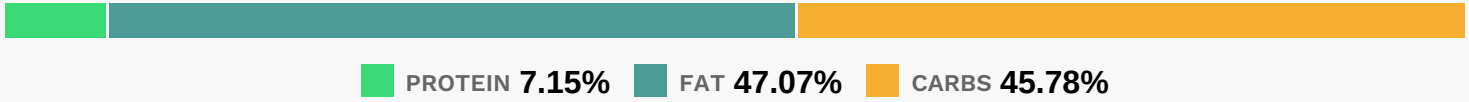
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Coat cake pans with nonstick spray. Line bottom of pans with parchment; coat paper.
- ☐ Whisk flour, baking soda, and salt in a medium bowl. Using an electric mixer, beat sugar, butter, and brown sugar in a large bowl until light and fluffy, about 3 minutes.
- ☐ Add eggs one at a time, beating to blend between additions and occasionally scraping down sides and bottom of bowl. Beat in vanilla.
- ☐ Add dry ingredients; beat on low speed just to blend.
- ☐ Add bananas and sour cream; beat just to blend. Fold in mini chips. Divide batter evenly among pans; smooth tops.
- ☐ Bake cakes until a tester inserted into the center comes out clean, about 35 minutes.
- ☐ Transfer to wire racks; let cool in pans for 10 minutes. Invert cakes onto racks; peel off parchment and let cool completely.
- ☐ Using an electric mixer, beat first 4 ingredients in a medium bowl until a light and fluffy frosting forms, 2–3 minutes.
- ☐ Place 1 cake on a platter.
- ☐ Spread 1 1/4 cups frosting over.

- ☐
- Place remaining cake on top.Cover top and sides of cake with remainingfrosting.
- ☐
- Garnish with chocolate chips andkisses. DO AHEAD: Cake can be made 2 daysahead. Cover and chill.
- ☐
- Let stand at roomtemperature for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:13.37, Glycemic Load:28.89, Inflammation Score:-6, Nutrition Score:12.630434839622%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 675.97kcal (33.8%), Fat: 36.39g (55.99%), Saturated Fat: 15.06g (94.1%), Carbohydrates: 79.62g (26.54%), Net Carbohydrates: 76.45g (27.8%), Sugar: 54.44g (60.49%), Cholesterol: 76.67mg (25.56%), Sodium: 600.95mg (26.13%), Alcohol: 0.22g (100%), Alcohol %: 0.16% (100%), Protein: 12.44g (24.88%), Manganese: 0.7mg (34.79%), Vitamin B3: 5.83mg (29.17%), Vitamin E: 3.45mg (23.02%), Folate: 80.14µg (20.03%), Selenium: 13.27µg (18.96%), Phosphorus: 171.97mg (17.2%), Magnesium: 68.27mg (17.07%), Vitamin B1: 0.24mg (16.11%), Vitamin B2: 0.27mg (15.83%), Fiber: 3.17g (12.69%), Vitamin B6: 0.25mg (12.38%), Iron: 2.17mg (12.05%), Vitamin A: 548.66IU (10.97%), Copper: 0.2mg (10.07%), Potassium: 319.13mg (9.12%), Zinc: 1.2mg (7.99%), Vitamin B5: 0.72mg (7.24%), Calcium: 71.4mg (7.14%), Vitamin D: 0.4µg (2.67%), Vitamin B12: 0.14µg (2.3%), Vitamin C: 1.87mg (2.27%), Vitamin K: 1.5µg (1.43%)