



# Banana Chocolate Chip Sheet Cake with Sweet Maple Icing

♥ Popular

READY IN



45 min.

SERVINGS



16

CALORIES



466 kcal

DESSERT

## Ingredients

- ☐ 3 large over bananas ripe mashed
- ☐ 1 large eggs
- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup maple syrup pure
- ☐ 6 cups powdered sugar
- ☐ 1.5 cups semi-sweet chocolate chips
- ☐ 0.3 cup sprinkles white

☐ 1 box duncan hines classic decadent cake mix yellow

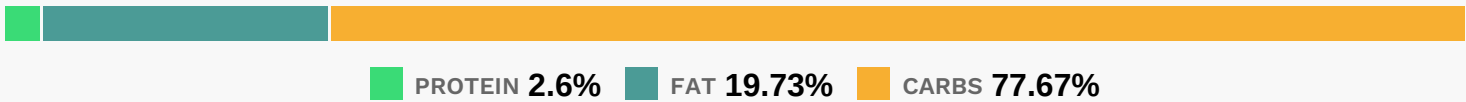
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees F. and line 1/2 sheet baking pan with a silpat liner or parchment paper, sprayed with cooking spray.
- ☐ Place cake mix, egg, butter and mashed bananas into a large mixing bowl. Stir to combine then stir in chocolate chips.
- ☐ Transfer batter to prepared baking sheet and spread evenly almost to edges.
- ☐ Bake for 25–35 minutes, or until baked through.
- ☐ Remove from oven and let cool for 30 minutes.
- ☐ Place powdered sugar, cream and syrup into a large bowl, whisk until smooth and desired consistency. You may add additional cream and or syrup to thin out more if needed.
- ☐ Spread over cake evenly and top with sprinkles if desired.
- ☐ Cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:5.7, Glycemic Load:4.06, Inflammation Score:-3, Nutrition Score:7.0752174024997%

## Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 465.56kcal (23.28%), Fat: 10.38g (15.97%), Saturated Fat: 6.09g (38.09%), Carbohydrates: 91.93g (30.64%), Net Carbohydrates: 89.56g (32.57%), Sugar: 72.65g (80.72%), Cholesterol: 21.01mg (7%), Sodium: 244.93mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.11mg (4.7%), Protein: 3.08g (6.17%), Manganese: 0.47mg (23.32%), Phosphorus: 158.94mg (15.89%), Copper: 0.25mg (12.71%), Vitamin B2: 0.2mg (11.88%), Iron: 1.87mg (10.39%), Magnesium: 40.94mg (10.24%), Fiber: 2.36g (9.45%), Calcium: 92.22mg (9.22%), Folate: 28.84µg (7.21%), Vitamin B6: 0.13mg (6.6%), Potassium: 223.1mg (6.37%), Vitamin B1: 0.09mg (6.26%), Selenium: 4.05µg (5.79%), Vitamin B3: 1.07mg (5.33%), Zinc: 0.66mg (4.39%), Vitamin E: 0.52mg (3.47%), Vitamin B5: 0.32mg (3.19%), Vitamin A: 150.73IU (3.01%), Vitamin C: 2.26mg (2.74%), Vitamin K: 2.49µg (2.37%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.18µg (1.21%)