



Banana-Chocolate Pound Cake

READY IN



45 min.

SERVINGS



10

CALORIES



522 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 large banana ripe mashed
- ☐ 0.3 cup banana chips chopped
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 0.5 cup nutella
- ☐ 1 tablespoon rum dark
- ☐ 4 large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.8 teaspoon salt
- ☐ 4 ounces bittersweet chocolate coarsely chopped
- ☐ 2 tablespoons cream light sour
- ☐ 0.3 cup sugar
- ☐ 0.5 lb butter unsalted

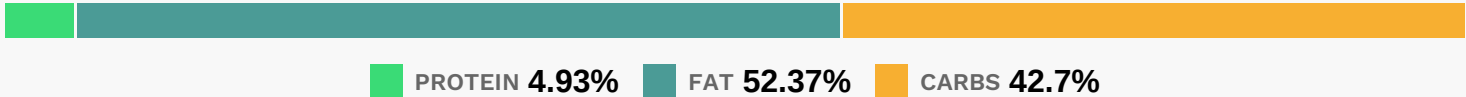
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F. Grease a 9-inch loaf pan. Line bottom and long sides with parchment, leaving a 1-inch overhang. Grease and flour.
- ☐ Make cake: Beat eggs, sour cream and rum. Sift flour, baking powder, cinnamon and salt. With mixer, beat butter and sugars until light, 3 minutes.
- ☐ Add egg mixture in thirds and then banana. Fold in flour mixture and then chocolate.
- ☐ Pour into pan and bake until a toothpick inserted in center comes out clean, 1 hour and 20 minutes.
- ☐ Let cool on a rack for 15 minutes. Lift cake from pan and let cool on rack.
- ☐ Whisk spread, sour cream and 1 Tbsp. water in a pan over medium heat until smooth.
- ☐ Drizzle over cake.
- ☐ Sprinkle with banana chips.

Nutrition Facts



Properties

Glycemic Index:34.12, Glycemic Load:17.93, Inflammation Score:-5, Nutrition Score:10.046521710313%

Flavonoids

Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 521.86kcal (26.09%), Fat: 30.55g (47%), Saturated Fat: 20.06g (125.37%), Carbohydrates: 56.03g (18.68%), Net Carbohydrates: 53.18g (19.34%), Sugar: 36.06g (40.07%), Cholesterol: 124.68mg (41.56%), Sodium: 251.76mg (10.95%), Alcohol: 0.5g (100%), Alcohol %: 0.49% (100%), Caffeine: 10.8mg (3.6%), Protein: 6.48g (12.95%), Manganese: 0.52mg (26.24%), Selenium: 14.7µg (21%), Iron: 2.83mg (15.74%), Copper: 0.28mg (14.13%), Vitamin A: 700.11IU (14%), Vitamin B2: 0.24mg (13.95%), Phosphorus: 131.22mg (13.12%), Folate: 50.04µg (12.51%), Vitamin B1: 0.18mg (12.03%), Fiber: 2.85g (11.4%), Magnesium: 44.23mg (11.06%), Vitamin E: 1.59mg (10.59%), Calcium: 79.74mg (7.97%), Potassium: 270.02mg (7.71%), Vitamin B3: 1.42mg (7.11%), Zinc: 0.93mg (6.21%), Vitamin B6: 0.12mg (6.19%), Vitamin B5: 0.59mg (5.86%), Vitamin D: 0.75µg (4.97%), Vitamin B12: 0.29µg (4.79%), Vitamin K: 2.95µg (2.81%), Vitamin C: 1.39mg (1.68%)