



## Banana Chocolate Walnut Cake

READY IN



300 min.

SERVINGS



8

CALORIES



519 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups banana very ripe mashed ( 3 medium)
- ☐ 0.5 teaspoon cinnamon
- ☐ 3.5 ounce bittersweet chocolate coarsely chopped
- ☐ 2 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup yogurt plain
- ☐ 1 cup sugar divided

- ☐ 1 stick butter    unsalted cooled melted softened
- ☐ 1 teaspoon vanilla extract    pure
- ☐ 3 ounces walnuts    cooled toasted coarsely chopped

## Equipment


- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ cake form

## Directions

- ☐ Preheat oven to 375°F with rack in middle. Butter a 9-inch square cake pan.
- ☐ Stir together flour, baking soda, and salt.
- ☐ Beat together softened butter (1 stick) and 3/4 cup sugar in a medium bowl with an electric mixer at medium speed until pale and fluffy, then beat in eggs 1 at a time until blended. Beat in bananas, yogurt, and vanilla (mixture will look curdled).
- ☐ With mixer at low speed, add flour mixture and mix until just incorporated.
- ☐ Toss together chocolate, nuts, cinnamon, melted butter, and remaining 1/4 cup sugar in a small bowl.
- ☐ Spread half of banana batter in cake pan and sprinkle with half of chocolate mixture.
- ☐ Spread remaining batter evenly over filling and sprinkle remaining chocolate mixture on top.
- ☐ Bake until cake is golden and a wooden pick inserted in center of cake comes out clean, 35 to 40 minutes. Cool cake in pan on a rack 30 minutes, then turn out onto rack and cool completely, right side up.
- ☐ Cake can be made 2 days ahead and kept in an airtight container at room temperature.

## Nutrition Facts



 **PROTEIN 6.92%**  **FAT 42.41%**  **CARBS 50.67%**

Properties

Glycemic Index:28.11, Glycemic Load:39.61, Inflammation Score:-6, Nutrition Score:12.904347844746%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 518.75kcal (25.94%), Fat: 24.87g (38.26%), Saturated Fat: 11.14g (69.6%), Carbohydrates: 66.86g (22.29%), Net Carbohydrates: 63.53g (23.1%), Sugar: 34.42g (38.25%), Cholesterol: 78.02mg (26.01%), Sodium: 319.86mg (13.91%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.67mg (3.56%), Protein: 9.13g (18.26%), Manganese: 0.86mg (42.99%), Selenium: 18.58µg (26.55%), Vitamin B1: 0.34mg (22.6%), Folate: 88.2µg (22.05%), Copper: 0.41mg (20.48%), Vitamin B2: 0.33mg (19.28%), Phosphorus: 172.46mg (17.25%), Iron: 3.05mg (16.95%), Magnesium: 58.49mg (14.62%), Fiber: 3.33g (13.32%), Vitamin B3: 2.5mg (12.49%), Vitamin B6: 0.2mg (9.78%), Potassium: 313.24mg (8.95%), Vitamin A: 445.61IU (8.91%), Zinc: 1.32mg (8.77%), Calcium: 77.22mg (7.72%), Vitamin B5: 0.67mg (6.69%), Vitamin B12: 0.28µg (4.7%), Vitamin E: 0.65mg (4.36%), Vitamin D: 0.46µg (3.08%), Vitamin C: 2.37mg (2.87%), Vitamin K: 2.51µg (2.39%)