



## Banana-Cinnamon Cake

READY IN



200 min.

SERVINGS



16

CALORIES



259 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix yellow
- ☐ 0.5 cup water
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons ground cinnamon
- ☐ 3 eggs
- ☐ 0.5 cup walnut pieces chopped
- ☐ 0.5 cup cream cheese frosting
- ☐ 2 teaspoons milk

☐ 0.3 teaspoon ground cinnamon

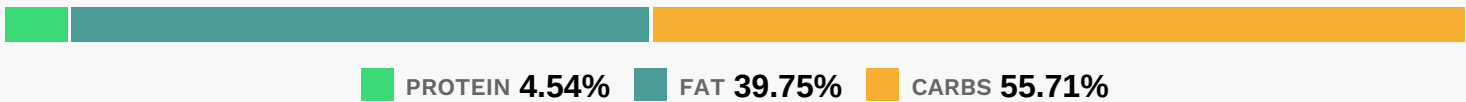
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease and lightly flour 12-cup fluted tube cake pan, or spray with cooking spray.
- ☐ In large bowl, beat cake mix, water, bananas, butter, cinnamon and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in walnuts.
- ☐ Pour into pan.
- ☐ Bake 47 to 57 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Turn pan upside down onto cooling rack or heatproof serving plate; remove pan. Cool completely, about 2 hours. In small bowl, stir glaze ingredients until thin enough to drizzle.
- ☐ Drizzle over cake. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:4.8921738759331%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, 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: 259.13kcal (12.96%), Fat: 11.67g (17.95%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 35.77g (13.01%), Sugar: 22.05g (24.49%), Cholesterol: 30.76mg (10.26%), Sodium: 334.94mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Phosphorus: 133.98mg (13.4%), Manganese: 0.26mg (13.23%), Calcium: 83.11mg (8.31%), Folate: 31.4µg (7.85%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.09mg (6.3%), Vitamin A: 306.87IU (6.14%), Selenium: 3.85µg (5.5%), Iron: 0.99mg (5.49%), Copper: 0.1mg (4.95%), Vitamin B6: 0.09mg (4.72%), Vitamin B3: 0.86mg (4.32%), Vitamin E: 0.65mg (4.3%), Fiber: 1.03g (4.1%), Magnesium: 13.27mg (3.32%), Vitamin B5: 0.31mg (3.06%), Potassium: 85.11mg (2.43%), Zinc: 0.33mg (2.21%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.17µg (1.15%), Vitamin K: 1.2µg (1.14%), Vitamin C: 0.89mg (1.08%)