



Banana-Coconut Upside-Down Cake

 Vegetarian

READY IN



52 min.

SERVINGS



8

CALORIES



559 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 banana sliced
- ☐ 2 cups coconut or shredded loosely packed
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.8 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.3 lb butter unsalted softened
- ☐ 4 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract

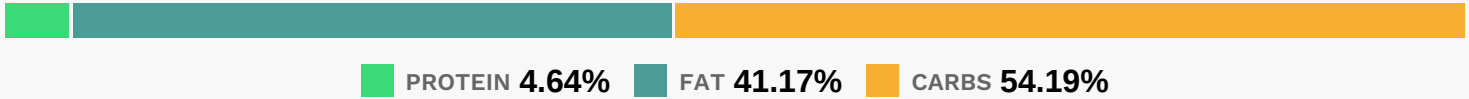
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375F. Make topping: Melt butter over medium-high heat in a 10- or 12-inch ovenproof skillet that is at least 2 inches deep. Stir in brown sugar and cook, stirring often, until smooth, 1 minute.
- ☐ Add lemon juice; stir until bubbling, 1 minute. Arrange bananas in a flat layer over bottom of pan and cook until softened, 2 minutes.
- ☐ Sprinkle coconut on top and remove from heat.
- ☐ Mix flour, baking powder and salt. With an electric mixer, beat butter on high speed until creamy, 3 minutes.
- ☐ Add sugar; beat until light and fluffy, 5 minutes. Reduce speed and add eggs, one at a time, beating well after each. Beat in vanilla. Alternate adding flour mixture and milk, starting and ending with flour.
- ☐ Pour batter over bananas; spread evenly. Be careful not to mix bananas and coconut into batter.
- ☐ Bake until cake springs back slightly when touched in center, 30 to 40 minutes.
- ☐ Let cake sit in skillet for 5 minutes to allow juices to blend into cake. Run a knife around outside of cake to loosen, then carefully invert onto a wire rack to cool.
- ☐ Serve warm or at room temperature, with ice cream or whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:42.48, Glycemic Load:35.43, Inflammation Score:-6, Nutrition Score:11.798695507257%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 559.49kcal (27.97%), Fat: 26.33g (40.5%), Saturated Fat: 17.74g (110.9%), Carbohydrates: 77.97g (25.99%), Net Carbohydrates: 73.88g (26.87%), Sugar: 48.55g (53.95%), Cholesterol: 94.77mg (31.59%), Sodium: 264.8mg (11.51%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.68g (13.35%), Manganese: 0.67mg (33.35%), Selenium: 16.73µg (23.9%), Folate: 74.51µg (18.63%), Vitamin B1: 0.27mg (17.73%), Vitamin B2: 0.28mg (16.63%), Fiber: 4.09g (16.34%), Vitamin B6: 0.29mg (14.28%), Phosphorus: 135.63mg (13.56%), Vitamin A: 671.7IU (13.43%), Iron: 2.37mg (13.19%), Potassium: 400.91mg (11.45%), Calcium: 111.82mg (11.18%), Vitamin B3: 2.19mg (10.93%), Copper: 0.2mg (9.86%), Magnesium: 35.36mg (8.84%), Vitamin C: 7.24mg (8.78%), Vitamin B5: 0.71mg (7.09%), Vitamin D: 0.82µg (5.46%), Zinc: 0.78mg (5.23%), Vitamin E: 0.76mg (5.09%), Vitamin B12: 0.27µg (4.51%), Vitamin K: 2.01µg (1.91%)