

Banana Coffee Cake

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup agave nectar (may sub maple syrup)
- 1.5 teaspoons double-acting baking powder
- 2 banana
- 1 teaspoon cinnamon
- 1 tablespoon flaxseeds
- 0.5 teaspoon salt
- 0.3 cup apple sauce (may sub applesauce)
- 0.3 cup vanilla

- 0.3 cup sugar
- 1 teaspoon vanilla extract
- 4 tablespoons water
- 1 cup pastry flour whole wheat white (or pastry flour)

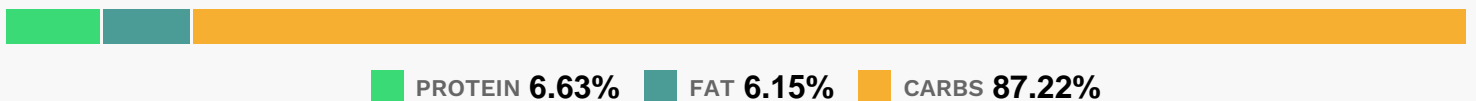
Equipment

- bowl
- frying pan
- oven

Directions

- Mix the ground flax seeds with the warm water and set aside to thicken.
- Mix the turbinado sugar and cinnamon together in a small bowl. Set aside.
- Combine the soy yogurt, soymilk, vanilla, and agave nectar in a bowl.
- Add the flax mixture.
- Combine the flour, baking powder, and salt.
- Pour the soy yogurt mixture into the flour mixture and stir just until combined.
- Pour half of the batter into the prepared pan and spread to cover the bottom. Slice the bananas and place the slices over the batter.
- Sprinkle with half of the cinnamon-sugar.
- Spread the remaining batter over the bananas.
- Sprinkle with the remaining cinnamon-sugar.
- Bake for 25 minutes, or until cake appears set in the middle. Allow to cool for a few minutes before cutting into 6 slices and serving.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:6.02, Inflammation Score:-3, Nutrition Score:8.8530435302983%

Flavonoids

Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 225.29kcal (11.26%), Fat: 1.41g (2.17%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 41.15g (14.96%), Sugar: 24.31g (27.01%), Cholesterol: 0mg (0%), Sodium: 303.73mg (13.21%), Alcohol: 4.2g (100%), Alcohol %: 4.47% (100%), Protein: 3.43g (6.86%), Manganese: 1.06mg (52.79%), Selenium: 13.44µg (19.2%), Fiber: 3.97g (15.88%), Vitamin B6: 0.27mg (13.48%), Magnesium: 47.29mg (11.82%), Phosphorus: 114.49mg (11.45%), Vitamin B1: 0.16mg (10.65%), Calcium: 78.55mg (7.85%), Copper: 0.15mg (7.52%), Potassium: 259.67mg (7.42%), Vitamin B3: 1.46mg (7.28%), Vitamin C: 5.66mg (6.86%), Iron: 1.14mg (6.36%), Vitamin B2: 0.1mg (5.9%), Folate: 22.21µg (5.55%), Zinc: 0.68mg (4.54%), Vitamin K: 3.57µg (3.4%), Vitamin B5: 0.28mg (2.79%), Vitamin E: 0.34mg (2.24%)