



Banana Coffee Cake with Macadamia Nuts and Coconut

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup banana ripe mashed (2 large bananas)
- ☐ 2 teaspoons butter
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose

- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 tablespoons macadamia nuts toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons coconut sweetened flaked
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

Equipment

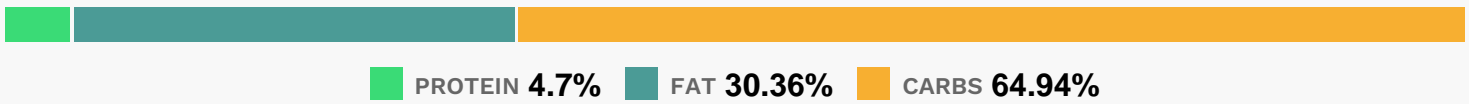
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 9-inch round cake pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, salt, baking powder, and baking soda in a bowl, stirring with a whisk.

- ☐ Combine banana and next 5 ingredients (banana through egg) in a bowl; beat with a mixer at medium speed for 1 minute or until well blended.
- ☐ Add flour mixture to banana mixture, and beat until blended.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Carefully peel off wax paper.
- ☐ Combine brown sugar, water, and butter in a small saucepan; bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in nuts and coconut.
- ☐ Spread over cake.
- ☐ Serve cake warm.

Nutrition Facts



Properties

Glycemic Index:35.16, Glycemic Load:17.84, Inflammation Score:-2, Nutrition Score:3.9317391462948%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 193.68kcal (9.68%), Fat: 6.66g (10.24%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 30.94g (11.25%), Sugar: 19.54g (21.71%), Cholesterol: 17.29mg (5.76%), Sodium: 157.65mg (6.85%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 2.32g (4.64%), Manganese: 0.23mg (11.39%), Selenium: 6.71µg (9.58%), Vitamin B1: 0.14mg (9.01%), Folate: 30.23µg (7.56%), Vitamin K: 6.43µg (6.12%), Vitamin B2: 0.1mg (6.05%), Iron: 0.91mg (5.05%), Vitamin B3: 0.97mg (4.86%), Fiber: 1.1g (4.39%), Phosphorus: 35.74mg (3.57%), Vitamin B6: 0.07mg (3.32%), Copper: 0.06mg (2.83%), Magnesium: 10.96mg (2.74%), Potassium: 87.63mg (2.5%), Vitamin E: 0.37mg (2.47%), Calcium: 20.86mg (2.09%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.21mg (1.43%), Vitamin C: 1.11mg (1.34%), Vitamin A: 51.37IU (1.03%)