



Banana Coffee Cake with Pecans

READY IN

ready

65 min.

SERVINGS

servings

8

CALORIES

calories

443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana ripe mashed
- ☐ 3 tablespoons brown sugar to taste
- ☐ 0.5 cup butter melted
- ☐ 1.5 cups cake flour
- ☐ 2 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup pecans chopped

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 cup caster sugar
- ☐ 1 teaspoon vanilla extract

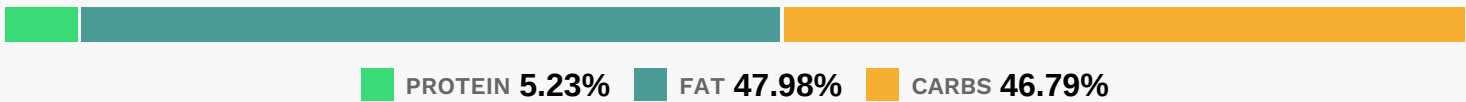
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch square baking dish.
- ☐ Beat superfine sugar and butter in a bowl with an electric mixer until smooth.
- ☐ Add eggs one at a time, beating until each egg is fully incorporated before adding the next.
- ☐ Mix baking soda into sour cream in another bowl and stir into butter mixture until combined.
- ☐ Stir bananas into butter mixture; add cake flour and baking powder and mix well. Stir in vanilla extract.
- ☐ Pour banana cake batter into prepared baking dish.
- ☐ Mix pecans, brown sugar, and cinnamon in a bowl; sprinkle over cake batter.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:43.61, Glycemic Load:30.73, Inflammation Score:-4, Nutrition Score:8.0873912728351%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 442.8kcal (22.14%), Fat: 24.29g (37.37%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 53.31g (17.77%), Net Carbohydrates: 50.81g (18.48%), Sugar: 32.58g (36.2%), Cholesterol: 75.66mg (25.22%), Sodium: 301.11mg (13.09%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.96g (11.92%), Manganese: 0.9mg (45.1%), Selenium: 14.01µg (20.01%), Copper: 0.24mg (11.76%), Phosphorus: 106.57mg (10.66%), Fiber: 2.49g (9.97%), Vitamin A: 479.56IU (9.59%), Vitamin B1: 0.12mg (8.08%), Magnesium: 30.48mg (7.62%), Vitamin B2: 0.12mg (6.94%), Zinc: 1.03mg (6.88%), Calcium: 66.74mg (6.67%), Vitamin B6: 0.13mg (6.53%), Potassium: 182.4mg (5.21%), Vitamin E: 0.78mg (5.21%), Folate: 20.57µg (5.14%), Iron: 0.93mg (5.14%), Vitamin B5: 0.5mg (4.98%), Vitamin B3: 0.55mg (2.75%), Vitamin B12: 0.14µg (2.29%), Vitamin C: 1.86mg (2.25%), Vitamin K: 1.85µg (1.76%), Vitamin D: 0.22µg (1.47%)