



Banana Crunch Cake

READY IN



55 min.

SERVINGS



8

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana mashed
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup oat flour
- ☐ 0.8 cup rolled oats
- ☐ 1 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 0.7 cup sugar white

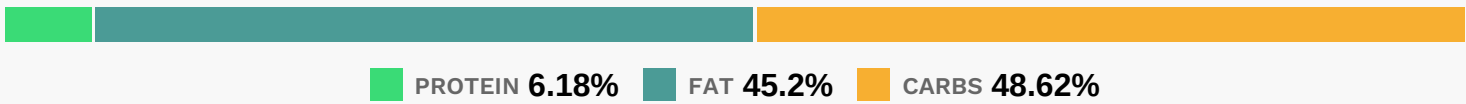
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x8 inch pan. Make the oat crunch topping: In a small bowl, combine the rolled oats, brown sugar, melted butter and 2 tablespoons chopped walnuts.
- ☐ Mix well and set aside.
- ☐ In a large bowl, cream shortening and white sugar until light and fluffy. Blend in bananas, eggs, and vanilla.
- ☐ Combine the oat flour, all-purpose flour, baking soda and salt. Beat into creamed mixture. Stir in 1/2 cup chopped walnuts.
- ☐ Pour batter into the prepared pan.
- ☐ Sprinkle with the oat crunch topping.
- ☐ Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:38.73, Glycemic Load:23.07, Inflammation Score:-4, Nutrition Score:11.402608840362%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 459.45kcal (22.97%), Fat: 23.59g (36.29%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 53.81g (19.57%), Sugar: 29.48g (32.76%), Cholesterol: 48.44mg (16.15%), Sodium: 472.87mg (20.56%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 7.26g (14.52%), Manganese: 1.3mg (64.79%), Selenium: 15.53µg (22.19%), Vitamin B1: 0.27mg (18.11%), Phosphorus: 166.13mg (16.61%), Magnesium: 56.1mg (14.02%), Copper: 0.26mg (13.22%), Fiber: 3.28g (13.12%), Folate: 46.84µg (11.71%), Iron: 2.03mg (11.29%), Vitamin B2: 0.17mg (10.3%), Vitamin B6: 0.2mg (9.84%), Zinc: 1.26mg (8.38%), Vitamin E: 1.21mg (8.04%), Vitamin K: 8.1µg (7.71%), Potassium: 257.99mg (7.37%), Vitamin B3: 1.29mg (6.44%), Vitamin B5: 0.57mg (5.74%), Calcium: 37.67mg (3.77%), Vitamin A: 166.33IU (3.33%), Vitamin C: 2.54mg (3.08%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.47%)