



Banana fairy cakes

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

Ingredients

- ☐ 140 g wholemeal flour
- ☐ 2 tsp double-acting baking powder
- ☐ 50 g golden caster sugar
- ☐ 1 medium eggs
- ☐ 50 g butter cooled melted
- ☐ 125 ml semi-skimmed milk
- ☐ 2 small bananas ripe mashed sliced
- ☐ 140 g chocolate white roughly chopped

☐ 8 servings cinnamon for sprinkling

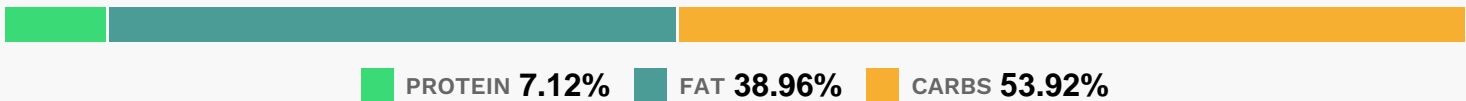
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ skewers

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line a bun tin with 8 paper cases. In a large bowl, mix the flour, baking powder and sugar with a pinch of salt.
- ☐ In a separate bowl, beat the egg, melted butter and milk for 20 secs; add the mashed banana and beat for a further 5 secs until everything is nicely mixed.
- ☐ Pour the banana mix into the flour and fold everything together. Once it is almost combined, add 85g of the white chocolate the mixture will still look a little lumpy. Spoon the cake mix into the paper cases and bake for 18–20 mins until golden and risen, and a skewer inserted comes out clean. Cool on a wire rack.
- ☐ Meanwhile, melt the remaining white chocolate over a pan of barely simmering water. Allow to cool a bit, then spread on top of the cakes.
- ☐ Add a couple of slices of banana and sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:10.34, Inflammation Score:-3, Nutrition Score:9.4639129535012%

Flavonoids

Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg 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: 266.07kcal (13.3%), Fat: 12.06g (18.56%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 33.94g (12.34%), Sugar: 20.4g (22.66%), Cholesterol: 38.82mg (12.94%), Sodium: 195.53mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Manganese: 1.14mg (56.92%), Selenium: 14.14µg (20.19%), Calcium: 158.12mg (15.81%), Phosphorus: 152.29mg (15.23%), Fiber: 3.63g (14.51%), Vitamin B6: 0.19mg (9.74%), Magnesium: 37.47mg (9.37%), Vitamin B2: 0.15mg (9.03%), Vitamin B1: 0.12mg (7.72%), Potassium: 252.04mg (7.2%), Iron: 1.18mg (6.53%), Vitamin B3: 1.22mg (6.1%), Copper: 0.12mg (5.83%), Zinc: 0.81mg (5.42%), Vitamin A: 230.67IU (4.61%), Vitamin B5: 0.46mg (4.58%), Folate: 17.71µg (4.43%), Vitamin B12: 0.24µg (4%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.16µg (3.01%), Vitamin C: 2.39mg (2.9%)