



## Banana-Ginger-Macadamia Cake

READY IN



120 min.

SERVINGS



12

CALORIES



594 kcal

DESSERT

### Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons ground ginger
- ☐ 1 teaspoon nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups granulated sugar
- ☐ 0.5 cup butter softened
- ☐ 2 eggs

- ☐ 1.3 cups banana ripe mashed (2 to 3 medium)
- ☐ 0.8 cup buttermilk
- ☐ 0.5 cup macadamia nuts toasted finely chopped (not )
- ☐ 4 oz cream cheese softened (half 8-oz package)
- ☐ 0.5 cup butter softened (do not use margarine)
- ☐ 4 cups powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup macadamia nuts toasted coarsely chopped

## Equipment

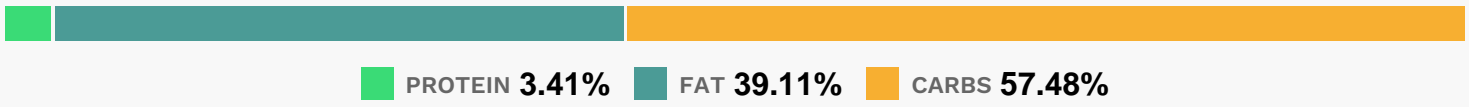
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

## Directions

- ☐ Heat oven to 350°F. Grease bottom only of 2 (9-inch) round cake pans with shortening or cooking spray. Line bottom with cooking parchment paper; grease and flour paper and sides of pans. In medium bowl, stir together flour, baking powder, baking soda, ginger, nutmeg and salt.
- ☐ In large bowl, beat granulated sugar and 1/2 cup butter with electric mixer on medium speed 3 to 4 minutes or until fluffy. On low speed, beat in eggs, one at a time, beating well after each addition. Beat in bananas. (
- ☐ Mixture will look curdled.) Alternately beat in flour mixture and buttermilk, beginning and ending with flour mixture. Stir in 1/2 cup nuts.
- ☐ Spread batter evenly in pans.
- ☐ Bake 30 to 35 minutes or until dark golden brown and cakes begin to pull away from sides of pans. Cool 5 minutes; remove from pans to cooling racks. Cool completely, about 1 hour.
- ☐ In large bowl, beat frosting ingredients with electric mixer on medium speed until smooth.
- ☐ On serving plate, place 1 cake layer, rounded side down.

- ☐
- Spread with half of frosting.
- ☐
- Place remaining cake layer, rounded side up, on frosting, pressing gently to secure (frosting should show around edge).
- ☐
- Spread frosting on top of cake, leaving side unfrosted.
- ☐
- Sprinkle 1/4 cup nuts around top edge of cake.

## Nutrition Facts



## Properties

Glycemic Index:36.66, Glycemic Load:31.25, Inflammation Score:-6, Nutrition Score:8.5404346818509%

## Flavonoids

Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg 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: 593.81kcal (29.69%), Fat: 26.43g (40.66%), Saturated Fat: 6.69g (41.84%), Carbohydrates: 87.42g (29.14%), Net Carbohydrates: 85.64g (31.14%), Sugar: 67.63g (75.15%), Cholesterol: 38.47mg (12.82%), Sodium: 429.06mg (18.65%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.18g (10.36%), Manganese: 0.65mg (32.67%), Vitamin B1: 0.28mg (18.89%), Vitamin A: 878.18IU (17.56%), Selenium: 11.72µg (16.74%), Vitamin B2: 0.23mg (13.49%), Folate: 47.58µg (11.89%), Phosphorus: 95.3mg (9.53%), Iron: 1.62mg (9.02%), Vitamin B3: 1.61mg (8.04%), Calcium: 78.01mg (7.8%), Fiber: 1.77g (7.09%), Copper: 0.12mg (6.22%), Magnesium: 24.68mg (6.17%), Vitamin B6: 0.12mg (5.84%), Vitamin E: 0.83mg (5.52%), Potassium: 166.72mg (4.76%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.17µg (2.9%), Vitamin D: 0.34µg (2.28%), Vitamin C: 1.5mg (1.82%)