



Banana Layer Cake

READY IN



30 min.

SERVINGS



30

CALORIES



296 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup banana very ripe mashed (3)
- ☐ 4 banana firm ripe sliced
- ☐ 0.5 cup buttermilk at room temperature
- ☐ 2 cups cake flour
- ☐ 30 servings mrs richardson's butterscotch caramel sauce store-bought
- ☐ 16 oz powdered sugar sifted
- ☐ 8 oz cream cheese at room temperature

- ☐ 2 large eggs at room temperature
- ☐ 1.3 cups brown sugar light
- ☐ 0.5 teaspoon maple extract
- ☐ 1 teaspoon maple extract
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Make cake: Preheat oven to 350F. Grease 3 9-inch round cake pans and line bottoms with parchment. Sift flour, baking powder, baking soda and salt together into a small bowl. In a large bowl, using an electric mixer on medium-high speed, beat butter and sugar until light, about 3 minutes. Beat in maple syrup.
- ☐ Add eggs 1 at a time, beating well after each. Scrape down sides of bowl.
- ☐ Reduce mixer speed to low. Beat in half of flour mixture until nearly combined, then buttermilk, then remaining flour mixture. Do not overmix. Beat in extract. Fold in bananas. Divide batter among pans; bake until a toothpick inserted into center comes out clean, 25 to 30 minutes.
- ☐ Let cakes cool in pans on a wire rack for 10 minutes, then turn cakes out onto rack, remove parchment and let cool completely.
- ☐ Make frosting: In a large bowl, using an electric mixer on medium-high speed, beat cream cheese and butter until combined. Reduce mixer speed to medium-low and gradually beat in sugar.

- ☐
- Add extract and beat until smooth.
- ☐
- Assemble cake: Put 1 layer on a cake platter and spread 1/3 of frosting on top.
- ☐
- Lay 1/2 of banana slices over frosting. Repeat. Put third layer on top and spread remaining 1/3 of frosting on top. Chill 1 hour to allow frosting to set. Just before serving, drizzle with caramel sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:7.08, Inflammation Score:-2, Nutrition Score:3.3791304541671%

Flavonoids

Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg 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: 296.38kcal (14.82%), Fat: 6.28g (9.67%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 60.14g (20.05%), Net Carbohydrates: 59.4g (21.6%), Sugar: 51.14g (56.82%), Cholesterol: 28.5mg (9.5%), Sodium: 253.22mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Manganese: 0.21mg (10.62%), Selenium: 6.1µg (8.71%), Vitamin B2: 0.1mg (5.76%), Calcium: 55.13mg (5.51%), Vitamin A: 268.86IU (5.38%), Phosphorus: 50.52mg (5.05%), Vitamin B6: 0.09mg (4.72%), Potassium: 148.4mg (4.24%), Magnesium: 12.66mg (3.17%), Fiber: 0.74g (2.96%), Vitamin B5: 0.29mg (2.95%), Folate: 10.35µg (2.59%), Vitamin C: 2mg (2.43%), Vitamin B12: 0.14µg (2.38%), Copper: 0.04mg (2.11%), Vitamin E: 0.26mg (1.76%), Iron: 0.29mg (1.61%), Zinc: 0.22mg (1.5%), Vitamin B1: 0.02mg (1.33%), Vitamin B3: 0.25mg (1.24%), Vitamin D: 0.17µg (1.16%)