



Banana Layer Cake with Caramel Cream and Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



714 kcal

DESSERT

Ingredients

- ☐ 2.5 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 small banana ripe peeled cut into 1-inch pieces
- ☐ 2 small bananas ripe peeled cut into 1/4-inch cubes (1 1/2 cups)
- ☐ 1 cup buttermilk
- ☐ 4.5 teaspoons rum dark divided
- ☐ 6 large eggs

- ☐ 1.5 cups brown sugar packed ()
- ☐ 3.8 cups heavy whipping cream chilled divided
- ☐ 4.5 teaspoons juice of lime fresh divided
- ☐ 0.5 teaspoon sea salt generous fine ()
- ☐ 12 servings sea salt-roasted pecans
- ☐ 2.5 cups sugar divided
- ☐ 3 tablespoons butter unsalted room temperature

Equipment

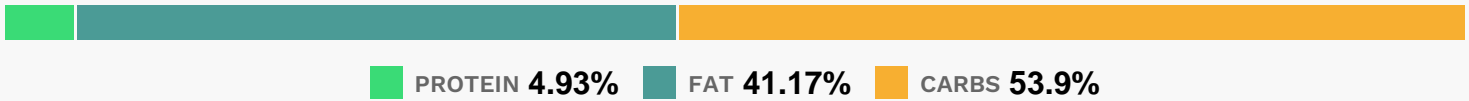
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 350°F. Butter and flour two 9-inch-diameter cake pans with 1 1/2-inch-high sides. Sift flour, baking powder, and sea salt into medium bowl. Beat butter and 1 cup sugar in large bowl until well blended.
- ☐ Add 2 eggs; beat until blended.
- ☐ Add dry ingredients to butter mixture in 4 additions alternately with buttermilk in 3 additions. Beat remaining 4 eggs and remaining 1 1/2 cups sugar in medium bowl until mixture is thick and pale in color, about 4 minutes. Fold egg mixture into batter. Fold in bananas. Divide batter between prepared pans (about 3 1/2 cups for each).
- ☐ Bake cakes until tester inserted into center comes out clean, about 35 minutes.
- ☐ Transfer to rack; cool 15 minutes. Invert cakes onto racks; cool completely. (Can be made 1 day ahead. Wrap in foil; store at room temperature.)
- ☐ Combine brown sugar, banana, and 3 tablespoons butter in processor; blend until smooth.

- ☐ Add 1 1/2 cups whipping cream; blend.
- ☐ Transfer to heavy medium saucepan.
- ☐ Whisk over medium heat until sugar dissolves and mixture boils. Attach candy thermometer to inside of pan; cook without stirring or swirling pan until temperature registers 218°F, about 10 minutes.
- ☐ Pour caramel into bowl. Cool to room temperature, whisking occasionally.
- ☐ Whisk remaining 2 1/4 cups whipping cream in large bowl until cream mounds softly. Gradually fold in cool caramel mixture. Chill until cream is firm enough to spread, about 3 hours.
- ☐ Cut each cake horizontally into 2 layers.
- ☐ Place 1 layer, cut side up, on platter.
- ☐ Drizzle 1 1/2 teaspoons lime juice and 1 1/2 teaspoons rum over.
- ☐ Spread 1 1/4 cups banana cream over. Top with second cake layer.
- ☐ Drizzle 1 1/2 teaspoons lime juice and 1 1/2 teaspoons rum over.
- ☐ Spread 1 1/2 cups cream over. Repeat with third cake layer, lime juice, rum, and cream. Top with fourth cake layer, cut side down; spread remaining cream over top.
- ☐ Scatter roasted pecans over top of cake. (Can be made 1 day ahead. Cover with cake dome and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:32.72, Glycemic Load:46.81, Inflammation Score:-7, Nutrition Score:11.708695691565%

Flavonoids

Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 713.63kcal (35.68%), Fat: 33.2g (51.08%), Saturated Fat: 20.14g (125.85%), Carbohydrates: 97.81g (32.6%), Net Carbohydrates: 96.44g (35.07%), Sugar: 74.68g (82.98%), Cholesterol: 186.77mg (62.26%), Sodium: 482.6mg

(20.98%), Alcohol: 0.63g (100%), Alcohol %: 0.32% (100%), Protein: 8.94g (17.88%), Selenium: 20.35µg (29.07%), Vitamin A: 1365.88IU (27.32%), Vitamin B2: 0.44mg (26.18%), Calcium: 174.54mg (17.45%), Folate: 69µg (17.25%), Phosphorus: 167.51mg (16.75%), Vitamin B1: 0.25mg (16.49%), Manganese: 0.28mg (13.76%), Vitamin D: 2µg (13.35%), Iron: 2.12mg (11.8%), Vitamin B6: 0.19mg (9.6%), Vitamin B3: 1.82mg (9.12%), Vitamin B5: 0.89mg (8.9%), Potassium: 291.16mg (8.32%), Vitamin B12: 0.44µg (7.32%), Vitamin E: 1.09mg (7.25%), Magnesium: 25.73mg (6.43%), Fiber: 1.37g (5.48%), Zinc: 0.82mg (5.44%), Copper: 0.11mg (5.3%), Vitamin C: 3.21mg (3.89%), Vitamin K: 2.98µg (2.83%)