



Banana Loaf Cake II

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



436 kcal

DESSERT

Ingredients

- 0.5 cup bananas mashed
- 4 eggs
- 3.5 ounce jello banana pudding mix instant
- 0.3 cup vegetable oil
- 0.5 cup walnut pieces chopped
- 1 cup water
- 18.3 ounce cake mix yellow

Equipment

- bowl
- oven
- loaf pan
- hand mixer
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8x4 inch loaf pans.
- In a medium bowl, stir together the cake mix and instant pudding.
- Add the eggs, oil, water and mashed banana, mix with an electric mixer until smooth. Fold in the chopped nuts.
- Pour evenly into the prepared pans.
- Bake for 50 to 55 minutes in the preheated oven, until a toothpick inserted comes out clean. Cool in pans for 15 minutes before removing to cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:9.35, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:10.156087071999%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg 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: 435.53kcal (21.78%), Fat: 15.59g (23.99%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 69.16g (23.05%), Net Carbohydrates: 67.53g (24.56%), Sugar: 39.48g (43.87%), Cholesterol: 81.84mg (27.28%), Sodium: 689.74mg (29.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Phosphorus: 372.16mg (37.22%), Manganese: 0.42mg (20.93%), Folate: 64.3µg (16.07%), Vitamin B2: 0.27mg (15.97%), Calcium: 158.28mg (15.83%), Vitamin K: 14.74µg (14.04%), Selenium: 9.29µg (13.27%), Vitamin B1: 0.19mg (12.51%), Iron: 2mg (11.09%), Copper: 0.2mg (9.85%), Vitamin E: 1.45mg (9.66%), Vitamin B6: 0.18mg (8.91%), Vitamin B3: 1.69mg (8.45%), Vitamin B5: 0.66mg (6.62%), Fiber: 1.63g (6.53%), Magnesium: 25mg (6.25%), Zinc: 0.71mg (4.76%), Vitamin B12:

0.26µg (4.36%), Potassium: 145.21mg (4.15%), Vitamin D: 0.44µg (2.93%), Vitamin A: 129.26IU (2.59%), Vitamin C:
1.32mg (1.6%)