



Banana Nut Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



559 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 3 bananas ripe mashed
- 3 tablespoons butter softened
- 4 tablespoons buttermilk
- 2 cups confectioners' sugar
- 2 eggs
- 1.5 cups flour all-purpose
- 3 tablespoons heavy whipping cream

- 1 cup pecans chopped
- 1 teaspoon vanilla extract
- 1.5 cups sugar white

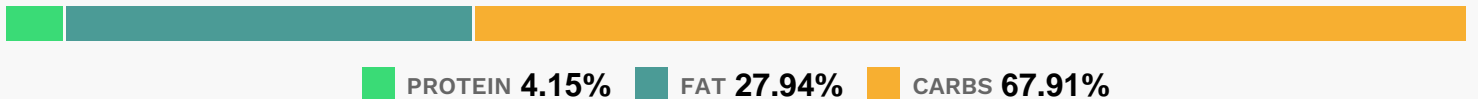
Equipment

- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch round cake pans.
- Separate the eggs and set aside.
- Stir the baking soda into the buttermilk. Cream 1/2 cup of the butter or margarine with the white sugar.
- Add the egg yolks, and vanilla, beating well.
- Add flour alternately with the mashed bananas. Stir in the buttermilk mixture.
- Beat the egg whites until stiff. Stir the pecans into the cake batter then fold in the egg whites.
- Pour batter into prepared pans.
- Bake at 350 degrees F (175 degrees C) for 25 minutes or until cakes test done.
- Let cakes cool in pans.
- To Make Icing: Cream 3 tablespoons butter or margarine with the confectioners' sugar. Stir in the heavy cream until well blended.
- Spread icing on to cooled cake layers. Top with pecan halves if desired.

Nutrition Facts



Properties

Glycemic Index:36.36, Glycemic Load:44.19, Inflammation Score:-4, Nutrition Score:10.185217401256%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin:

3.69mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg
Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate:
0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg
Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg,
Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 558.51kcal (27.93%), Fat: 17.89g (27.52%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 97.83g (32.61%),
Net Carbohydrates: 94.74g (34.45%), Sugar: 73.4g (81.56%), Cholesterol: 59.39mg (19.8%), Sodium: 197.5mg
(8.59%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.98g (11.97%), Manganese: 0.9mg (44.99%),
Vitamin B1: 0.3mg (19.8%), Selenium: 13.19µg (18.84%), Folate: 60.67µg (15.17%), Vitamin B2: 0.25mg (14.98%), Fiber:
3.09g (12.37%), Copper: 0.25mg (12.36%), Vitamin B6: 0.22mg (11.25%), Phosphorus: 105.5mg (10.55%), Iron: 1.79mg
(9.92%), Vitamin B3: 1.86mg (9.3%), Magnesium: 36.22mg (9.05%), Potassium: 273.35mg (7.81%), Zinc: 1.04mg
(6.96%), Vitamin A: 321.61IU (6.43%), Vitamin B5: 0.59mg (5.85%), Vitamin C: 4.03mg (4.89%), Vitamin E: 0.54mg
(3.62%), Calcium: 35.75mg (3.58%), Vitamin D: 0.41µg (2.72%), Vitamin B12: 0.15µg (2.51%), Vitamin K: 1.37µg (1.31%)