



Banana Nut Coconut Cake

 Vegetarian

READY IN



165 min.

SERVINGS



8

CALORIES



797 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 banana ripe mashed
- ☐ 3 bananas ripe mashed
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 1 cup coconut or shredded
- ☐ 4 cups confectioners' sugar
- ☐ 2 eggs

- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

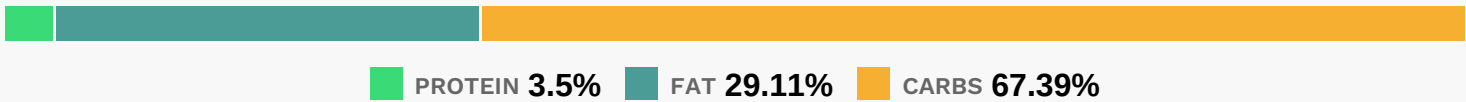
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch round cake pans or one 9x13-inch pan.
- ☐ In a medium bowl, cream together white sugar and 1/2 cup butter.
- ☐ Mix in eggs and 3 mashed bananas.
- ☐ Sift together flour and baking soda in a separate bowl.
- ☐ Add to the creamed mixture alternately with buttermilk, mixing well after each addition. Blend in 1 teaspoon vanilla extract. Fold in 1 cup of pecans and 1 cup coconut.
- ☐ Pour batter into prepared pans.
- ☐ Bake in the preheated oven until a tester inserted in the center comes out clean, about 45 minutes. Cool completely on wire racks.
- ☐ To Make Frosting: Cream together 1/2 cup butter and confectioners' sugar until light and fluffy.
- ☐ Mix in 1 medium mashed banana, 1 cup pecans, 1 cup coconut and 1 teaspoon vanilla.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:50.2, Inflammation Score:-5, Nutrition Score:13.031304312789%

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: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg, Catechin: 4.59mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 797.13kcal (39.86%), Fat: 26.58g (40.89%), Saturated Fat: 11.71g (73.16%), Carbohydrates: 138.46g (46.15%), Net Carbohydrates: 133.87g (48.68%), Sugar: 105.03g (116.7%), Cholesterol: 72.25mg (24.08%), Sodium: 256.36mg (11.15%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 7.2g (14.4%), Manganese: 1.14mg (57.2%), Vitamin B1: 0.37mg (24.59%), Selenium: 17.09µg (24.42%), Folate: 80.56µg (20.14%), Fiber: 4.59g (18.34%), Vitamin B2: 0.3mg (17.89%), Copper: 0.31mg (15.75%), Vitamin B6: 0.29mg (14.31%), Iron: 2.44mg (13.58%), Phosphorus: 127.36mg (12.74%), Vitamin B3: 2.47mg (12.37%), Magnesium: 44.9mg (11.23%), Potassium: 367.52mg (10.5%), Vitamin A: 471.71IU (9.43%), Zinc: 1.23mg (8.19%), Vitamin B5: 0.69mg (6.94%), Vitamin C: 5.61mg (6.8%), Vitamin E: 0.74mg (4.95%), Calcium: 37.79mg (3.78%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.93µg (1.84%)