



Banana-Pecan Cake Batter

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



511 kcal

Ingredients

- 3 large bananas mashed
- 2 large eggs
- 0.3 cup milk
- 1 cup pecans toasted chopped
- 16 oz pound cake mix

Equipment

- hand mixer

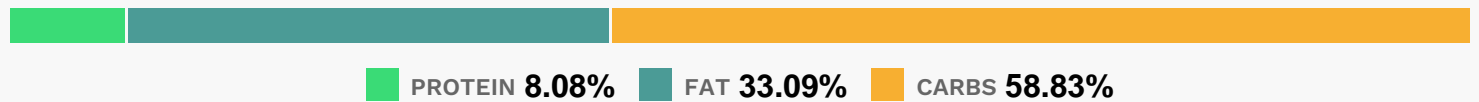
Directions

Beat first 4 ingredients at low speed with an electric mixer 30 seconds. Scrape down sides, and beat at medium speed 3 minutes. Stir pecans into batter. Use batter immediately, following directions for desired cake.

Note: For testing purposes only, we used Betty Crocker Pound Cake

Mix.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:9.4, Inflammation Score:-5, Nutrition Score:16.342608819837%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 510.89kcal (25.54%), Fat: 19.4g (29.84%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 77.6g (25.87%), Net Carbohydrates: 73.12g (26.59%), Sugar: 44.89g (49.88%), Cholesterol: 168.88mg (56.29%), Sodium: 600.57mg (26.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.31%), Manganese: 1.31mg (65.4%), Vitamin B1: 0.39mg (26.24%), Vitamin B2: 0.44mg (26.07%), Phosphorus: 253.11mg (25.31%), Selenium: 16.27µg (23.25%), Vitamin B6: 0.43mg (21.61%), Iron: 3.53mg (19.61%), Copper: 0.37mg (18.6%), Folate: 72.71µg (18.18%), Fiber: 4.48g (17.9%), Magnesium: 60.32mg (15.08%), Potassium: 515.12mg (14.72%), Vitamin B3: 2.56mg (12.79%), Vitamin B5: 1.24mg (12.44%), Zinc: 1.81mg (12.04%), Calcium: 112.65mg (11.27%), Vitamin C: 7.32mg (8.87%), Vitamin B12: 0.48µg (8.06%), Vitamin A: 337.37IU (6.75%), Vitamin E: 0.79mg (5.3%), Vitamin D: 0.76µg (5.07%), Vitamin K: 1.39µg (1.32%)