



## Banana-Pecan Pound Cake With Caramel Glaze

 Vegetarian

READY IN



115 min.

SERVINGS



16

CALORIES



684 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 12 ounce banana baby food
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup butter
- ☐ 1.5 cups butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 5 large eggs

- ☐ 0.3 cup evaporated milk
- ☐ 3.5 cups flour all-purpose
- ☐ 3 cups granulated sugar
- ☐ 1.7 cups pecans chopped
- ☐ 2 tablespoons pecans chopped
- ☐ 0.8 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ stand mixer
- ☐ skewers

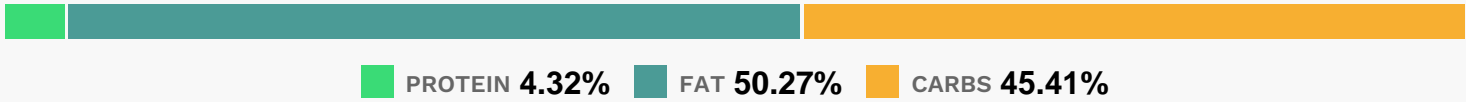
## Directions

- ☐ Beat 1 1/2 cups butter and cream cheese at medium speed with a heavy-duty stand mixer 6 minutes or until creamy. Gradually add granulated sugar, beating 2 to 3 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition. Stir in banana baby food.
- ☐ Combine flour and baking powder; gradually add to butter mixture, beating at low speed just until blended after each addition. Stir in vanilla and 1 2/3 cups pecans.
- ☐ Pour batter into a greased and floured 10-inch tube pan.
- ☐ Bake at 350 for 1 hour and 40 minutes or until a long wooden pick or skewer inserted near center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool on wire rack.
- ☐ Combine brown sugar, 1/2 cup butter, and evaporated milk in a small saucepan over medium heat; bring to a boil, and cook, stirring constantly, 3 minutes or until sugar dissolves. Stir in 2 tablespoons pecans; cool slightly.

- ☐
- Serve glaze drizzled over cake or on the side.
- ☐
- Note: With almost 10 cups of batter, this recipe makes a 4-inch-tall pound cake. If you don't own a heavy-duty stand mixer, make sure to use at least a 3 1/2-quart bowl to prepare it.

When choosing a pan for baking, use a 10-inch tubepan that's at least 4 inches tall. To test for doneness, it's necessary to use a long wooden pick or skewer to reach down to the bottom of the cake. The cake may appear done on the top and when tested with a toothpick, but still not be done deeper down in the center.

Nutrition Facts



Properties

Glycemic Index:27.43, Glycemic Load:43.93, Inflammation Score:-6, Nutrition Score:11.350434842317%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg 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: 683.5kcal (34.18%), Fat: 39.21g (60.32%), Saturated Fat: 18.96g (118.52%), Carbohydrates: 79.67g (26.56%), Net Carbohydrates: 77.17g (28.06%), Sugar: 54.96g (61.06%), Cholesterol: 134.59mg (44.86%), Sodium: 271.57mg (11.81%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 7.58g (15.16%), Manganese: 0.83mg (41.4%), Selenium: 16.74µg (23.92%), Vitamin B1: 0.32mg (21.15%), Vitamin A: 1013.91IU (20.28%), Vitamin B2: 0.3mg (17.67%), Folate: 66.99µg (16.75%), Phosphorus: 133.33mg (13.33%), Copper: 0.23mg (11.54%), Iron: 2.08mg (11.53%), Fiber: 2.5g (10.01%), Vitamin B3: 1.96mg (9.82%), Magnesium: 32.96mg (8.24%), Vitamin B6: 0.16mg (7.98%), Vitamin E: 1.16mg (7.76%), Zinc: 1.13mg (7.54%), Calcium: 72.73mg (7.27%), Vitamin B5: 0.69mg (6.94%), Potassium: 235.41mg (6.73%), Vitamin B12: 0.22µg (3.75%), Vitamin K: 2.98µg (2.84%), Vitamin C: 2.06mg (2.5%), Vitamin D: 0.32µg (2.11%)