



Banana-Raspberry Cake with Lemon Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



293 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup banana ripe mashed (2 bananas)
- 0.3 cup butter softened
- 2 tablespoons butter softened
- 3 large eggs
- 1 tablespoon flour all-purpose
- 1.8 cups flour all-purpose
- 1.3 cups granulated sugar

- 2 teaspoons lemon rind, grated
- 1 cup buttermilk, low-fat
- 2.5 cups powdered sugar, sifted
- 0.5 teaspoon salt
- 1 Dash salt
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract

Equipment

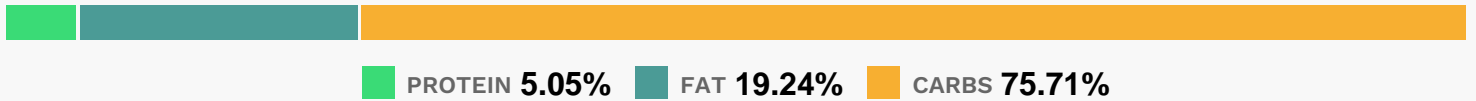
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- wax paper
- measuring cup

Directions

- Preheat oven to 350°F.
- To prepare the cake, coat 2 (8-inch) round cake pans with cooking spray; line bottoms with wax paper. Coat wax paper with cooking spray; dust each pan with 1 1/2 teaspoons flour.
- Place granulated sugar and 1/4 cup butter in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes).
- Add eggs, 1 at a time, beating well after each addition.
- Lightly spoon 1 3/4 cups flour into dry measuring cups, and level with a knife.
- Combine flour, baking powder, and 1/2 teaspoon salt, stirring well with a whisk.
- Combine buttermilk, banana, and 1 teaspoon vanilla.

- Add the flour mixture and buttermilk mixture alternately to the sugar mixture, beginning and ending with flour mixture (mix after each addition just until blended).
- Pour batter into prepared pans.
- Bake cake at 350 for 25 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Peel off wax paper. Cool layers completely on wire rack.
- To prepare frosting, combine cream cheese, 2 tablespoons butter, rind, 1/2 teaspoon vanilla, and dash of salt in a large bowl. Beat with a mixer at high speed until fluffy. Gradually add powdered sugar; beat at low speed just until blended (do not overbeat).
- Place 1 cake layer on a plate, and spread with 1/3 cup frosting. Arrange raspberries in a single layer over frosting, and top with remaining cake layer.
- Spread remaining frosting over top and sides of cake. Store cake loosely covered in refrigerator.
- Garnish with fresh raspberries, if desired.

Nutrition Facts



Properties

Glycemic Index:26.78, Glycemic Load:23.41, Inflammation Score:0, Nutrition Score:4.7982608468636%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 292.56kcal (14.63%), Fat: 6.37g (9.8%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 56.4g (18.8%), Net Carbohydrates: 55.64g (20.23%), Sugar: 42.25g (46.94%), Cholesterol: 53.56mg (17.85%), Sodium: 166.95mg (7.26%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Protein: 3.76g (7.52%), Selenium: 9.52µg (13.61%), Vitamin B2: 0.17mg (10.2%), Phosphorus: 97.05mg (9.7%), Folate: 37.83µg (9.46%), Vitamin B1: 0.14mg (9.39%), Manganese: 0.15mg (7.39%), Iron: 1.05mg (5.82%), Calcium: 55.94mg (5.59%), Vitamin B3: 1.05mg (5.24%), Potassium: 157.41mg (4.5%), Vitamin A: 224.19IU (4.48%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.33mg (3.26%), Fiber: 0.76g (3.03%), Magnesium: 10mg (2.5%), Vitamin B12: 0.14µg (2.39%), Zinc: 0.35mg (2.36%), Copper: 0.04mg (2.24%), Vitamin E: 0.28mg (1.88%), Vitamin C: 1.47mg (1.78%), Vitamin D: 0.21µg (1.43%)