



Banana Sheet Cake



Vegetarian



Popular

READY IN



40 min.

SERVINGS



30

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 1 cup granulated sugar white
- ☐ 0.5 cup brown sugar
- ☐ 2 eggs

- ☐ 1 teaspoon of vanilla extract
- ☐ 1 cup bananas ripe mashed (2 large or 3 medium bananas)
- ☐ 0.5 cup full fat cream sour
- ☐ 6 ounces cream cheese
- ☐ 0.3 cup butter unsalted
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon juice of lemon

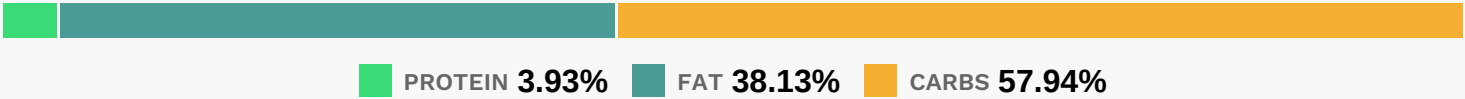
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350°F (175°C) . In a medium bowl, whisk together the flour, baking soda, cinnamon, and salt.
- ☐ Beat together in a mixer the butter and sugars. Beat in the eggs one at a time.
- ☐ Mix in the vanilla and mashed bananas.
- ☐ Mix in half of the flour mixture, then the sour cream, then the other half of the flour mixture.
- ☐ Spread batter evenly in a greased 10x15 baking pan.
- ☐ Bake at 350°F (175°C) for 20 minutes, or until nicely browned and the surface bounces back when you press it with your finger. Cool completely before frosting.
- ☐ To make the frosting, mix all of the ingredients together with an electric mixer. If too stiff to spread, add a teaspoon or two of water.
- ☐ Spread the frosting evenly over the cake and slice to serve.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:9.89, Inflammation Score:-2, Nutrition Score:2.3808695699858%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 178.5kcal (8.93%), Fat: 7.7g (11.84%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 25.93g (9.43%), Sugar: 19.05g (21.17%), Cholesterol: 31.1mg (10.37%), Sodium: 100.51mg (4.37%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 1.78g (3.57%), Selenium: 4.6µg (6.57%), Vitamin A: 261.09IU (5.22%), Vitamin B2: 0.08mg (4.86%), Vitamin B1: 0.07mg (4.7%), Folate: 18.61µg (4.65%), Manganese: 0.09mg (4.38%), Iron: 0.5mg (2.79%), Vitamin B3: 0.54mg (2.72%), Phosphorus: 26.46mg (2.65%), Calcium: 17.79mg (1.78%), Vitamin B6: 0.03mg (1.68%), Vitamin E: 0.24mg (1.58%), Fiber: 0.39g (1.56%), Vitamin B5: 0.16mg (1.55%), Potassium: 50.39mg (1.44%), Magnesium: 4.94mg (1.24%), Copper: 0.02mg (1.19%), Zinc: 0.15mg (1.03%)