



## Banana Snack Cake

 Vegetarian

READY IN



120 min.

SERVINGS



32

CALORIES



138 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1.3 cups banana very ripe mashed ( 3 medium)
- 1 cup brown sugar light packed
- 0.5 cup butter softened
- 3 large eggs
- 2 cups flour all-purpose
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon

- 0.3 teaspoon nutmeg
- 1 cup pecans divided toasted chopped
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

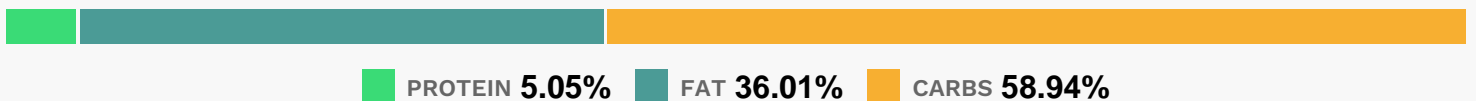
## Equipment

- bowl
- frying pan
- oven
- wire rack
- stand mixer

## Directions

- Preheat oven to 350
- Beat butter at medium speed with a heavy-duty electric stand mixer 1 to 2 minutes or until creamy. Gradually add both sugars, beating well.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Add mashed bananas and vanilla, and beat at low speed just until combined.
- Stir together flour and next 4 ingredients in a small bowl. Gradually add flour mixture to butter mixture, beating at low speed just until blended. Stir in 1/2 cup pecans.
- Spread batter in a greased and floured 15- x 10-inch jelly-roll pan.
- Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack (about 1 hour).
- Spread cake with Cream Cheese Frosting. Top with Glazed Banana Slices, if desired.
- Sprinkle with remaining 1/2 cup chopped toasted pecans.

## Nutrition Facts



## Properties

Glycemic Index:10.46, Glycemic Load:9.39, Inflammation Score:-1, Nutrition Score:2.7904347868069%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 138.3kcal (6.91%), Fat: 5.67g (8.73%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 20.19g (7.34%), Sugar: 13.85g (15.39%), Cholesterol: 25.06mg (8.35%), Sodium: 84.06mg (3.65%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.79g (3.58%), Manganese: 0.23mg (11.35%), Selenium: 4.43µg (6.32%), Vitamin B1: 0.09mg (5.72%), Folate: 18.62µg (4.66%), Vitamin B2: 0.07mg (4.19%), Iron: 0.6mg (3.32%), Copper: 0.06mg (3.04%), Phosphorus: 28.87mg (2.89%), Fiber: 0.71g (2.83%), Vitamin B3: 0.55mg (2.77%), Vitamin A: 119.88IU (2.4%), Vitamin B6: 0.04mg (2.2%), Magnesium: 8.48mg (2.12%), Zinc: 0.27mg (1.81%), Potassium: 60.52mg (1.73%), Vitamin B5: 0.17mg (1.67%), Calcium: 13.57mg (1.36%), Vitamin E: 0.19mg (1.25%)