



## Banana-Sour Cream Coffee Cake

READY IN



45 min.

SERVINGS



10

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana mashed
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream    sour
- ☐ 1.3 cups sugar    divided
- ☐ 0.5 teaspoon vanilla extract

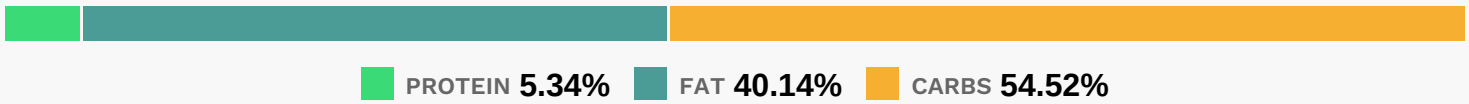
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ kugelhopf pan

## Directions

- ☐ Stir together 1/4 cup sugar, pecans, and cinnamon; sprinkle half of mixture in a well-greased 12-cup Bundt pan. Set remaining mixture aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add remaining 1 cup sugar, beating 5 to 7 minutes.
- ☐ Add eggs, 1 at a time, beating just until yellow disappears.
- ☐ Add banana, sour cream, and vanilla, beating at low speed just until blended.
- ☐ Combine flour and next 3 ingredients; fold into butter mixture.
- ☐ Pour half of batter into prepared pan; sprinkle with remaining pecan mixture. Top with remaining batter.
- ☐ Bake at 350 for 45 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool on wire rack.

## Nutrition Facts



## Properties

Glycemic Index:30.69, Glycemic Load:33.87, Inflammation Score:-5, Nutrition Score:7.826956593472%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg 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: 364.89kcal (18.24%), Fat: 16.64g (25.61%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 48.98g (17.81%), Sugar: 28.44g (31.6%), Cholesterol: 43.99mg (14.66%), Sodium: 335.79mg (14.6%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 4.98g (9.96%), Manganese: 0.52mg (25.86%), Selenium: 12.56µg (17.94%), Vitamin B1: 0.25mg (16.45%), Folate: 56.96µg (14.24%), Vitamin B2: 0.22mg (13.01%), Vitamin A: 549.68IU (10.99%), Iron: 1.61mg (8.96%), Phosphorus: 87.1mg (8.71%), Vitamin B3: 1.71mg (8.57%), Fiber: 1.89g (7.56%), Copper: 0.13mg (6.54%), Vitamin B6: 0.13mg (6.41%), Calcium: 55.13mg (5.51%), Magnesium: 21.11mg (5.28%), Potassium: 164.34mg (4.7%), Vitamin B5: 0.43mg (4.34%), Zinc: 0.63mg (4.19%), Vitamin E: 0.62mg (4.13%), Vitamin C: 2.15mg (2.61%), Vitamin B12: 0.12µg (2.08%), Vitamin D: 0.2µg (1.33%)