



Banana Toffee Picnic Cake

 Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.3 cup water
- ☐ 0.3 cup vegetable oil
- ☐ 3 eggs
- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup toffee chips

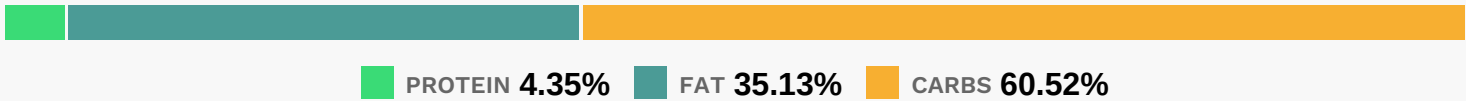
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with baking spray with flour.
- ☐ In large bowl, beat cake mix, bananas, water, oil, almond extract and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- ☐ Pour into pan.
- ☐ Sprinkle toffee bits evenly over batter.
- ☐ Bake 33 to 40 minutes or until cake springs back when touched lightly in center. Run knife around sides of pan to loosen cake. Cool completely, about 1 hour. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:4.64, Inflammation Score:-2, Nutrition Score:5.524782533231%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 294.62kcal (14.73%), Fat: 11.57g (17.8%), Saturated Fat: 4.01g (25.04%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 43.99g (16%), Sugar: 26.49g (29.44%), Cholesterol: 51.17mg (17.06%), Sodium: 343.04mg (14.91%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 3.22g (6.44%), Phosphorus: 161.25mg (16.13%), Vitamin K: 12.76µg (12.15%), Calcium: 101.26mg (10.13%), Vitamin B2: 0.17mg (9.75%), Folate: 37.16µg (9.29%), Vitamin E: 1.11mg (7.42%), Vitamin B1: 0.11mg (7.24%), Selenium: 4.87µg (6.96%), Iron: 1.13mg (6.25%), Manganese: 0.12mg (5.98%), Vitamin B3: 1.09mg (5.46%), Vitamin B6: 0.1mg (4.93%), Vitamin B5: 0.38mg (3.8%), Vitamin A:

180.96IU (3.62%), Fiber: 0.84g (3.37%), Vitamin B12: 0.15µg (2.53%), Copper: 0.05mg (2.51%), Potassium: 85.45mg (2.44%), Magnesium: 9.48mg (2.37%), Zinc: 0.29mg (1.93%), Vitamin D: 0.22µg (1.47%), Vitamin C: 1.11mg (1.34%)