



Banana Upside-Down Cake

READY IN



90 min.

SERVINGS



12

CALORIES



295 kcal

DESSERT

Ingredients

- 4 bananas sliced
- 0.5 cup brown sugar
- 4 tablespoons butter melted
- 0.5 cup pecans chopped
- 18.3 ounce banana cake mix

Equipment

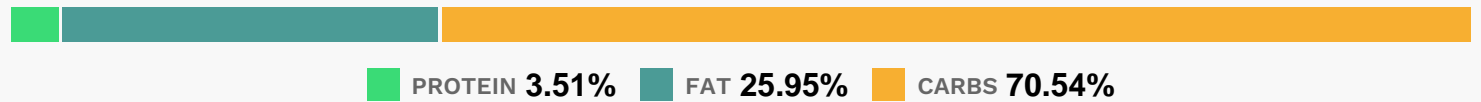
- frying pan
- oven

toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 (8 inch) pans.
- Combine butter and brown sugar, divide and spread evenly between the 2 pans.
- Sprinkle pecans evenly over both brown sugar mixtures, arrange banana slices evenly over each.
- Prepare cake mix according to package instructions. Divide batter into the 2 pans.
- Bake in the preheated oven for 40 to 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Turn cakes upside down on a platter or plate, gently tap bottom and carefully remove pans, replacing caramel mixture that sticks to pan.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:4.37, Inflammation Score:-3, Nutrition Score:6.3691303885501%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg, Catechin: 2.73mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 295.07kcal (14.75%), Fat: 8.78g (13.5%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 53.66g (17.89%), Net Carbohydrates: 51.73g (18.81%), Sugar: 32.02g (35.57%), Cholesterol: 10.03mg (3.34%), Sodium: 331.75mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Manganese: 0.4mg (20.24%), Phosphorus: 168.02mg (16.8%), Calcium: 108.3mg (10.83%), Folate: 39.28µg (9.82%), Vitamin B1: 0.14mg (9.06%), Vitamin B6: 0.17mg (8.49%), Fiber: 1.93g (7.73%), Vitamin B2: 0.13mg (7.63%), Vitamin B3: 1.36mg (6.78%), Selenium: 4.43µg (6.33%), Iron: 1.12mg (6.24%), Copper: 0.12mg (6.22%), Potassium: 199.48mg (5.7%), Magnesium: 21.78mg (5.44%), Vitamin C: 3.47mg (4.21%), Vitamin E: 0.59mg (3.91%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.47mg (3.13%), Vitamin A: 144.34IU (2.89%), Vitamin K: 1.85µg (1.76%)