



Banana Upside-Down Cake

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



410 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 tablespoon rum dark
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup brown sugar light packed
- ☐ 0.5 teaspoon nutmeg grated

- ☐ 3 large just-ripe bananas halved lengthwise cut into 1 1/2-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 0.8 stick butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.8 cup milk whole

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Melt butter in skillet over medium heat, then stir in brown sugar, rum, and a pinch of salt and simmer, stirring, 4 minutes.
- ☐ Remove from heat and arrange bananas on top of sugar mixture in concentric circles, fitting in as many pieces as possible.
- ☐ Whisk together flour, baking powder, cinnamon, nutmeg, and salt. Beat together butter and sugar with an electric mixer at high speed until pale and fluffy, about 3 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in rum and vanilla. Reduce speed to low and add flour mixture in 3 batches, alternating with milk, beginning and ending with flour, mixing until just incorporated.
- ☐ Spoon batter over bananas, smoothing top, and bake until top is golden and a wooden pick inserted into center comes out clean, 40 to 45 minutes.
- ☐ Let cake stand in skillet 5 minutes. Invert a plate over skillet and invert cake onto plate (keeping plate and skillet firmly pressed together). Replace any banana stuck to bottom of skillet.
- ☐ Serve cake slightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.48, Glycemic Load:34.51, Inflammation Score:-4, Nutrition Score:9.1195651914762%

Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 409.59kcal (20.48%), Fat: 11.06g (17.01%), Saturated Fat: 6.39g (39.94%), Carbohydrates: 73.04g (24.35%), Net Carbohydrates: 70.88g (25.77%), Sugar: 46.24g (51.37%), Cholesterol: 72.02mg (24.01%), Sodium: 213.37mg (9.28%), Alcohol: 0.71g (100%), Alcohol %: 0.54% (100%), Protein: 5.83g (11.67%), Selenium: 14.53µg (20.75%), Manganese: 0.37mg (18.48%), Folate: 66.74µg (16.69%), Vitamin B1: 0.25mg (16.63%), Vitamin B2: 0.27mg (15.8%), Calcium: 121.95mg (12.2%), Vitamin B6: 0.24mg (12.18%), Phosphorus: 114.32mg (11.43%), Iron: 1.9mg (10.58%), Vitamin B3: 2.02mg (10.09%), Fiber: 2.16g (8.63%), Potassium: 295.35mg (8.44%), Vitamin A: 402.43IU (8.05%), Magnesium: 26.7mg (6.68%), Vitamin B5: 0.61mg (6.06%), Vitamin C: 4.45mg (5.39%), Copper: 0.1mg (5.18%), Vitamin D: 0.66µg (4.4%), Vitamin B12: 0.25µg (4.21%), Zinc: 0.55mg (3.65%), Vitamin E: 0.46mg (3.06%), Vitamin K: 1.22µg (1.17%)