



Bananas Foster Upside-Down Cake

 Vegetarian

READY IN



78 min.

SERVINGS



8

CALORIES



550 kcal

DESSERT

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 2 banana ripe
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup butter divided softened
- ☐ 2 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 cup milk

- ☐ 0.5 cup pecans chopped
- ☐ 2 tablespoons rum
- ☐ 0.5 cup cream sour
- ☐ 1 teaspoon vanilla extract

Equipment

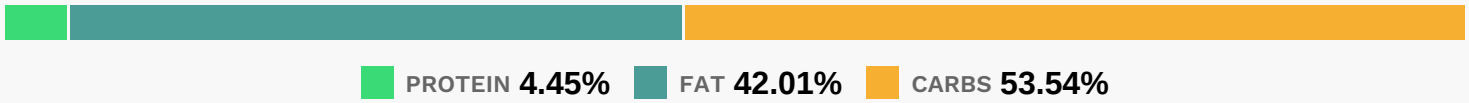
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer 8 to 10 minutes or until toasted and fragrant, stirring once.
- ☐ Melt 1/4 cup butter in a lightly greased 10-inch cast-iron skillet or 9-inch round cake pan (with sides that are at least 2 inches high) over low heat.
- ☐ Remove from heat; stir in brown sugar and rum.
- ☐ Cut bananas diagonally into 1/4-inch-thick slices; arrange in concentric circles over brown sugar mixture.
- ☐ Sprinkle pecans over bananas.
- ☐ Beat granulated sugar and remaining 1/4 cup butter at medium speed with an electric mixer until blended.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition.
- ☐ Add milk and next 2 ingredients; beat just until blended. Beat in baking mix and cinnamon until blended. (Batter will be slightly lumpy.)
- ☐ Pour batter over mixture in skillet.
- ☐ Place skillet on a foil-lined jelly-roll pan.

Bake at 350 for 40 to 45 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet on a wire rack 10 minutes. Run a knife around edge to loosen. Invert onto a serving plate, spooning any topping in skillet over cake.

Nutrition Facts



Properties

Glycemic Index:30.36, Glycemic Load:16.79, Inflammation Score:-5, Nutrition Score:10.086086998815%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 550.46kcal (27.52%), Fat: 25.9g (39.84%), Saturated Fat: 11.2g (70.03%), Carbohydrates: 74.26g (24.75%), Net Carbohydrates: 72.18g (26.25%), Sugar: 54.46g (60.51%), Cholesterol: 88.83mg (29.61%), Sodium: 513.2mg (22.31%), Alcohol: 1.42g (100%), Alcohol %: 1% (100%), Protein: 6.18g (12.36%), Phosphorus: 264.36mg (26.44%), Manganese: 0.53mg (26.27%), Vitamin B2: 0.28mg (16.67%), Vitamin B1: 0.25mg (16.55%), Calcium: 136.7mg (13.67%), Folate: 52.34µg (13.09%), Selenium: 8.19µg (11.71%), Vitamin A: 572.74IU (11.45%), Vitamin B6: 0.2mg (9.92%), Copper: 0.18mg (8.92%), Vitamin B3: 1.72mg (8.62%), Iron: 1.52mg (8.46%), Potassium: 293.41mg (8.38%), Fiber: 2.08g (8.34%), Magnesium: 32.25mg (8.06%), Vitamin B5: 0.8mg (8%), Vitamin B12: 0.41µg (6.77%), Zinc: 0.86mg (5.74%), Vitamin E: 0.69mg (4.61%), Vitamin K: 3.67µg (3.5%), Vitamin C: 2.86mg (3.47%), Vitamin D: 0.5µg (3.34%)