



Bananas Foster Upside-down Coffee Cake

 Vegetarian

READY IN



73 min.

SERVINGS



10

CALORIES



446 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups baking mix all-purpose
- 2 medium size banana ripe
- 1 cup brown sugar light packed
- 0.5 cup butter divided softened
- 2 large eggs separated
- 0.8 cup granulated sugar divided
- 0.3 teaspoon ground cinnamon
- 7 maraschino cherries

- 0.8 cup milk
- 0.5 cup pecans toasted chopped
- 2 tablespoons rum
- 0.5 cup cream sour
- 1 teaspoon vanilla extract

Equipment

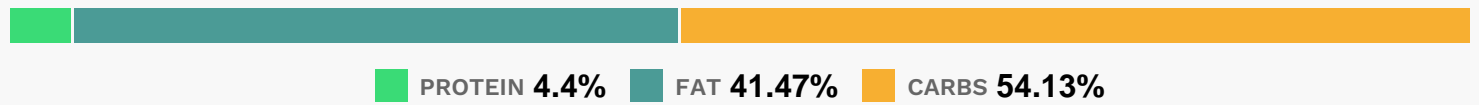
- bowl
- frying pan
- oven
- wire rack
- hand mixer

Directions

- Melt 1/4 cup butter in a 10-inch cast-iron skillet over low heat; stir in rum.
- Sprinkle brown sugar evenly over butter mixture.
- Remove from heat.
- Sprinkle pecans evenly over brown sugar mixture.
- Cut bananas in half crosswise; cut each half lengthwise into 3 slices. Arrange banana slices in a spoke pattern over pecans.
- Cut 6 cherries in half.
- Place 1 cherry half between each banana slice.
- Place remaining whole cherry in center of skillet.
- Beat remaining 1/4 cup butter and 1/2 cup granulated sugar in a large bowl at medium speed with an electric mixer until blended.
- Add egg yolks, 1 at a time, beating just until blended after each addition.
- Add milk, sour cream, and vanilla, beating just until blended.
- Combine baking mix and cinnamon.
- Add cinnamon mixture to milk mixture, beating just until blended.

- Beat egg whites in a large bowl with an electric mixer until soft peaks form. Gradually beat in remaining 1/4 cup granulated sugar until stiff peaks form. Fold into batter.
- Spread batter evenly over bananas in skillet.
- Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool in skillet on wire rack 10 minutes. Invert cake onto a serving plate.
- Serve warm with whipped cream, if desired.
- Note: For testing purposes only, we used Bisquick All-Purpose Baking
- Mix.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:13.44, Inflammation Score:-4, Nutrition Score:8.1239130496979%

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: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 446.14kcal (22.31%), Fat: 20.73g (31.89%), Saturated Fat: 8.97g (56.03%), Carbohydrates: 60.88g (20.29%), Net Carbohydrates: 59.1g (21.49%), Sugar: 44.93g (49.92%), Cholesterol: 71.06mg (23.69%), Sodium: 410.7mg (17.86%), Alcohol: 1.14g (100%), Alcohol %: 0.97% (100%), Protein: 4.95g (9.9%), Phosphorus: 211.6mg (21.16%), Manganese: 0.42mg (21.03%), Vitamin B2: 0.23mg (13.34%), Vitamin B1: 0.2mg (13.24%), Calcium: 111.25mg (11.12%), Folate: 41.87µg (10.47%), Selenium: 6.56µg (9.37%), Vitamin A: 459.77IU (9.2%), Vitamin B6: 0.16mg (7.95%), Copper: 0.15mg (7.39%), Fiber: 1.78g (7.12%), Vitamin B3: 1.38mg (6.9%), Iron: 1.23mg (6.86%), Potassium: 235.46mg (6.73%), Magnesium: 25.94mg (6.48%), Vitamin B5: 0.64mg (6.42%), Vitamin B12: 0.32µg (5.41%), Zinc: 0.7mg (4.65%), Vitamin E: 0.56mg (3.7%), Vitamin K: 2.99µg (2.85%), Vitamin C: 2.29mg (2.78%), Vitamin D: 0.4µg (2.68%)