



Brown Sugar Banana Spice Cake

 Vegetarian

READY IN



490 min.

SERVINGS



8

CALORIES



438 kcal

DESSERT

Ingredients

- ☐ 2 cups baking mix
- ☐ 2 bananas ripe mashed
- ☐ 0.3 cup canola oil
- ☐ 1 tablespoons cocoa powder
- ☐ 3 tablespoons confectioners' sugar
- ☐ 1 eggs
- ☐ 0.3 cup brown sugar light
- ☐ 2.5 teaspoons pumpkin pie spice divided

- ☐ 0.8 cup sugar
- ☐ 0.5 pint whipping cream

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Lightly spray a 6-cup loaf pan. In a large mixing bowl, combine the baking mix, 2 teaspoons of pumpkin pie spice, the mashed bananas, egg, and oil. Using a hand mixer, beat the batter for 2 minutes.
- ☐ Remove 1/2 cup of the batter to a small bowl with the brown sugar, 1/2 teaspoon pumpkin pie spice and mix well.
- ☐ Pour the remaining batter into the loaf pan.
- ☐ Pour the brown sugar batter into the loaf pan and swirl with a knife. Make a foil ring and arrange it on the bottom of the slow cooker, then put the loaf pan on top of the foil ring.
- ☐ Cover slow cooker with 5 paper towels before securing the lid. Cook on low setting until tester comes out clean, about 4 hours.
- ☐ Remove the loaf pan from the cooker and cool on wire rack. When cool, turn the cake out onto a serving platter and serve with the chocolate whipped cream.
- ☐ Beat the cream with a hand mixer, until it starts to thicken.
- ☐ Add the confectioners' sugar and cocoa powder and continue beating until firm peaks form.

Nutrition Facts



 **PROTEIN 3.94%**  **FAT 46.37%**  **CARBS 49.69%**

Properties

Glycemic Index:15.61, Glycemic Load:16.35, Inflammation Score:-4, Nutrition Score:8.1552173262057%

Flavonoids

Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 438.49kcal (21.92%), Fat: 23.14g (35.6%), Saturated Fat: 8.8g (55.02%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 54.08g (19.67%), Sugar: 36.35g (40.39%), Cholesterol: 54.48mg (18.16%), Sodium: 401.52mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Phosphorus: 215.63mg (21.56%), Manganese: 0.31mg (15.59%), Vitamin B2: 0.24mg (14.11%), Vitamin B1: 0.19mg (12.74%), Folate: 47.59µg (11.9%), Vitamin E: 1.64mg (10.91%), Vitamin A: 486.14IU (9.72%), Calcium: 88.76mg (8.88%), Vitamin B3: 1.62mg (8.09%), Vitamin K: 8.24µg (7.85%), Vitamin B6: 0.16mg (7.84%), Selenium: 5.48µg (7.83%), Iron: 1.3mg (7.24%), Fiber: 1.72g (6.88%), Potassium: 213.42mg (6.1%), Magnesium: 22.78mg (5.7%), Copper: 0.11mg (5.39%), Vitamin B5: 0.53mg (5.34%), Vitamin D: 0.58µg (3.89%), Vitamin C: 2.98mg (3.61%), Vitamin B12: 0.21µg (3.55%), Zinc: 0.43mg (2.85%)