



WHATSheATE



Caramel-Walnut Upsidedown Banana Cake

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup banana very ripe mashed (2 to 3 large)
- ☐ 1.8 cups cake flour
- ☐ 3 tablespoons corn syrup dark
- ☐ 1 tablespoon rum dark
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons cream sour
- ☐ 0.5 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream
- ☐ 0.8 cup walnut halves

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form

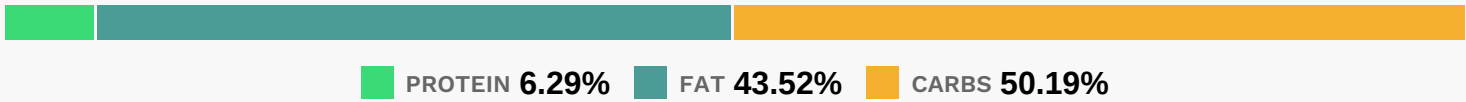
Directions

- ☐ Spray 8-inch round cake pan with 2-inch-high sides with nonstick spray. Bring butter, sugar, and corn syrup to boil in medium saucepan, stirring constantly until butter melts. Boil syrup 1 minute. Stir in nuts.
- ☐ Spread topping in prepared pan.
- ☐ Let topping cool completely.
- ☐ Preheat oven to 350°F. Sift first 4 ingredients into medium bowl. Using electric mixer, beat butter and both sugars in large bowl until blended. Beat in eggs 1 at a time, then mashed bananas, sour cream, rum, and vanilla. Beat in dry ingredients in 2 additions just until combined. Spoon batter into pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 55 minutes. Cool 15 minutes.
- ☐ Cut around cake.
- ☐ Place platter over pan. Holding pan and platter together, turn over.
- ☐ Let stand 5 minutes, then gently lift off pan. Cool at least 15 minutes for topping to set.

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Serve warm or at room temperature with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:58.73, Glycemic Load:38.91, Inflammation Score:-5, Nutrition Score:10.393913035807%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 582.27kcal (29.11%), Fat: 28.54g (43.9%), Saturated Fat: 13.38g (83.59%), Carbohydrates: 74.03g (24.68%), Net Carbohydrates: 71.69g (26.07%), Sugar: 49.14g (54.6%), Cholesterol: 108.7mg (36.23%), Sodium: 392.23mg (17.05%), Alcohol: 0.8g (100%), Alcohol %: 0.53% (100%), Protein: 9.28g (18.56%), Manganese: 0.67mg (33.55%), Selenium: 17.4µg (24.85%), Phosphorus: 181.99mg (18.2%), Vitamin B2: 0.28mg (16.36%), Calcium: 157.77mg (15.78%), Vitamin A: 742.68IU (14.85%), Copper: 0.28mg (13.93%), Magnesium: 42.8mg (10.7%), Vitamin B6: 0.2mg (9.98%), Fiber: 2.34g (9.37%), Potassium: 323.54mg (9.24%), Vitamin B5: 0.87mg (8.71%), Folate: 33.53µg (8.38%), Zinc: 1.25mg (8.36%), Vitamin B12: 0.4µg (6.7%), Vitamin B1: 0.1mg (6.66%), Iron: 1.09mg (6.06%), Vitamin E: 0.88mg (5.87%), Vitamin D: 0.59µg (3.97%), Vitamin B3: 0.64mg (3.18%), Vitamin C: 2.21mg (2.68%), Vitamin K: 1.77µg (1.68%)