



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 bananas very ripe mashed (2 to 3 large)
- ☐ 1.8 cups cake flour
- ☐ 3 tablespoons plus dark
- ☐ 1 tablespoon rum dark
- ☐ 2 large eggs
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons cup heavy whipping 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

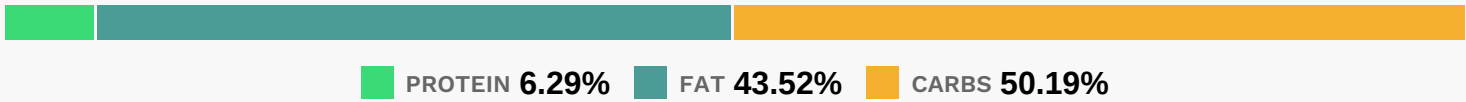
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form

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.

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%)