



## Chocolate Banana Cake

 Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



216 kcal

DESSERT

### Ingredients

- 18.3 ounce devil's food cake mix
- 1 cup bananas mashed
- 3 eggs
- 0.3 cup vegetable oil

### Equipment

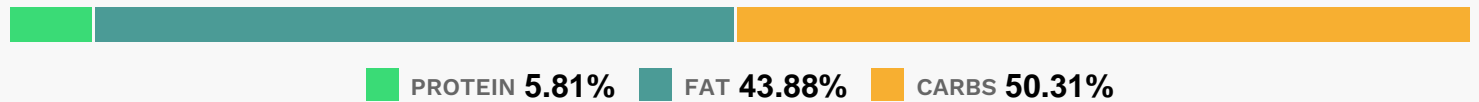
- frying pan
- oven
- hand mixer

toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 13x9 inch pan.
- Beat cake mix, mashed bananas, oil and eggs with an electric mixer on low speed for 30 seconds. Increase speed to medium and beat for 2 more minutes.
- Pour the batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 33 to 36 minutes or until a toothpick inserted near the center comes out clean.
- Let cake cool then frost with your choice of frosting, if desired.

## Nutrition Facts



## Properties

Glycemic Index:3.65, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:5.1069565182147%

## Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg 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: 216.38kcal (10.82%), Fat: 11.11g (17.09%), Saturated Fat: 2.16g (13.48%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 27.44g (9.98%), Sugar: 15.07g (16.75%), Cholesterol: 32.74mg (10.91%), Sodium: 297.2mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.79mg (1.26%), Protein: 3.31g (6.61%), Phosphorus: 113.85mg (11.39%), Selenium: 7.13µg (10.18%), Vitamin K: 10.32µg (9.83%), Iron: 1.75mg (9.7%), Copper: 0.16mg (7.8%), Folate: 28.52µg (7.13%), Vitamin B2: 0.11mg (6.26%), Manganese: 0.12mg (5.99%), Vitamin E: 0.89mg (5.91%), Calcium: 57.42mg (5.74%), Magnesium: 21.32mg (5.33%), Potassium: 179.67mg (5.13%), Fiber: 1.22g (4.87%), Vitamin B1: 0.07mg (4.45%), Vitamin B6: 0.08mg (4.17%), Vitamin B3: 0.66mg (3.29%), Zinc: 0.41mg (2.75%), Vitamin B5: 0.23mg (2.32%), Vitamin C: 1.3mg (1.58%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Vitamin A: 58.15IU (1.16%)