



## Chocolate-Banana Cake with Walnuts

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



197 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoon baking soda
- ☐ 4 large overly bananas ripe mashed
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cornstarch
- ☐ 2 egg whites
- ☐ 1 cup lowfat milk
- ☐ 0.5 cup lowfat yogurt plain
- ☐ 0.8 cup splenda sugar blend for baking

- ☐ 1 cup unbleached flour all-purpose
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 1 cup flour whole-wheat

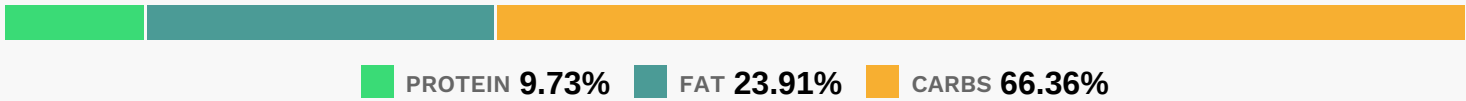
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ cake form

## Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine flours, Splenda, cocoa, and baking soda.
- ☐ Add bananas, yogurt, egg whites, vanilla, and 1/2 cup walnuts. Stir. Coat a 9" x 13" cake pan with cooking spray.
- ☐ Pour batter into pan, spreading evenly.
- ☐ Bake about 35 minutes. Cool. Raise oven to 375°F. Toast remaining 1/4 cup walnuts 6 minutes. To make frosting, pour 1/4 cup milk into a medium saucepan over medium heat. Stir in Splenda, cocoa, and cornstarch. Slowly add remaining 3/4 cup milk and bring to a low boil, stirring continuously until thick.
- ☐ Remove from heat and stir in butter and vanilla. Cool and spread over cake.
- ☐ Sprinkle walnuts over cake.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:12.49, Glycemic Load:8.15, Inflammation Score:-4, Nutrition Score:7.8499999564627%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg, Catechin: 3.82mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 196.83kcal (9.84%), Fat: 5.3g (8.15%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 29.8g (10.84%), Sugar: 14.19g (15.77%), Cholesterol: 3.08mg (1.03%), Sodium: 161.31mg (7.01%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.85g (9.7%), Manganese: 0.74mg (37.19%), Selenium: 9.65µg (13.79%), Fiber: 3.28g (13.11%), Copper: 0.26mg (13.05%), Magnesium: 46.87mg (11.72%), Phosphorus: 108.67mg (10.87%), Vitamin B6: 0.2mg (10.22%), Vitamin B1: 0.14mg (9.49%), Vitamin B2: 0.14mg (8.52%), Folate: 31.94µg (7.99%), Potassium: 270.83mg (7.74%), Iron: 1.27mg (7.07%), Vitamin B3: 1.21mg (6.05%), Zinc: 0.79mg (5.26%), Calcium: 47.4mg (4.74%), Vitamin C: 3.09mg (3.75%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.14µg (2.3%), Vitamin A: 78.21IU (1.56%), Vitamin D: 0.16µg (1.08%), Vitamin E: 0.16mg (1.06%)