



Chocolate Streusel Banana-Carrot Cake

READY IN



150 min.

SERVINGS



12

CALORIES



393 kcal

DESSERT

Ingredients

- 0.5 cup walnut pieces chopped
- 0.3 cup brown sugar packed
- 2 tablespoons flour all-purpose
- 2 tablespoons butter melted
- 0.5 cup semi chocolate chips
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- 1 box betty delights super carrot cake mix
- 1.5 cups banana very ripe sliced (3 medium)
- 0.3 cup cream sour

- 4 eggs
- 0.3 cup water
- 0.3 cup vegetable oil

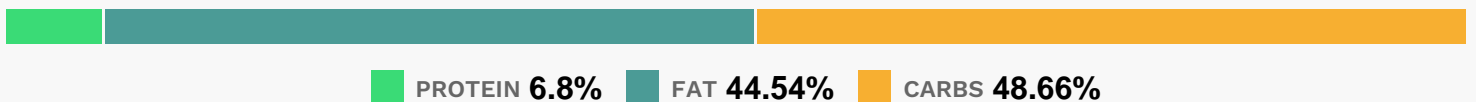
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease and flour 13x9-inch pan, or spray with baking spray with flour. In medium bowl, mix all streusel ingredients except 1/2 cup chocolate chips. Stir in chocolate chips. Set aside.
- In small bowl, toss 1/2 cup chocolate chips with 1 tablespoon of the dry cake mix. In large bowl, mix bananas, sour cream and eggs; beat with electric mixer on medium speed until well blended.
- Add remaining cake mix, water and oil; beat on low speed until combined. Beat 2 minutes on medium speed. Stir in coated chocolate chips; spoon into pan.
- Sprinkle with streusel.
- Bake 35 to 44 minutes or until toothpick inserted in center comes out clean and top is light golden brown. Cool completely, about 1 1/2 hours. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:12.48, Glycemic Load:2.83, Inflammation Score:-7, Nutrition Score:8.0404348269753%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 392.69kcal (19.63%), Fat: 19.37g (29.8%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 44.26g (16.09%), Sugar: 28.43g (31.59%), Cholesterol: 59.23mg (19.74%), Sodium: 212.43mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 6.65g (13.31%), Vitamin A: 1217.44IU (24.35%), Manganese: 0.43mg (21.6%), Copper: 0.3mg (14.79%), Fiber: 3.36g (13.45%), Iron: 2.42mg (13.44%), Magnesium: 42.37mg (10.59%), Selenium: 6.9µg (9.86%), Phosphorus: 95.96mg (9.6%), Vitamin K: 9.8µg (9.33%), Vitamin B2: 0.11mg (6.66%), Vitamin B6: 0.13mg (6.51%), Calcium: 60.3mg (6.03%), Potassium: 210.31mg (6.01%), Zinc: 0.8mg (5.31%), Vitamin E: 0.76mg (5.09%), Folate: 18.16µg (4.54%), Vitamin C: 3.3mg (4%), Vitamin B5: 0.4mg (3.95%), Vitamin B1: 0.04mg (2.96%), Vitamin B12: 0.17µg (2.89%), Vitamin B3: 0.4mg (2.01%), Vitamin D: 0.29µg (1.96%)