

Cocoa-Banana Cake

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

277 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 teaspoon banana extract
- ☐ 1 cup banana sliced
- ☐ 6 large egg whites
- ☐ 2 large egg yolks
- ☐ 2 tablespoons milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups granulated sugar divided

- ☐ 2 teaspoons coffee granules instant
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.7 cup fruit purée fat-free such as Sunsweet Lighter Bake
- ☐ 1 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cocoa unsweetened
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 8 ounce non-dairy whipped topping fat-free frozen thawed

Equipment

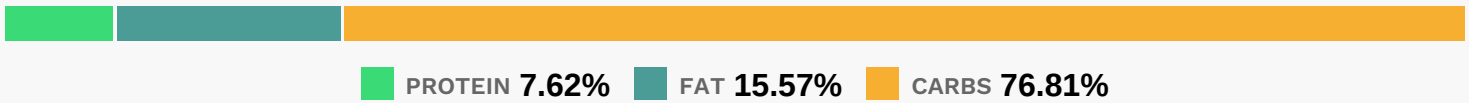
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, combine the first 7 ingredients; stir well with a whisk. Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, 1 cup granulated sugar, and next 4 ingredients (1 cup granulated sugar through salt) in a large bowl.
- ☐ Add buttermilk mixture to flour mixture, stirring just until blended.
- ☐ Beat egg whites with a mixer at high speed until soft peaks form.

- ☐
- Add 1/2 cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold the beaten egg whites into batter; pour batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack.
- ☐
- To prepare the icing, combine powdered sugar, fat-free milk, and 1/8 teaspoon banana extract (if desired). Fold in the whipped topping.
- ☐
- Spread icing over cake; cover and chill at least 1 hour. Top with banana slices, and sprinkle with cocoa, if desired.

Nutrition Facts



Properties

Glycemic Index:31.41, Glycemic Load:25.78, Inflammation Score:-4, Nutrition Score:7.9673913043478%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 276.64kcal (13.83%), Fat: 5.11g (7.87%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 56.77g (18.92%), Net Carbohydrates: 53.88g (19.59%), Sugar: 42.08g (46.76%), Cholesterol: 34.1mg (11.37%), Sodium: 271.11mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.6mg (5.87%), Protein: 5.64g (11.27%), Vitamin B2: 0.31mg (18.16%), Manganese: 0.33mg (16.4%), Selenium: 10.45µg (14.92%), Copper: 0.26mg (12.96%), Fiber: 2.9g (11.59%), Phosphorus: 108.5mg (10.85%), Magnesium: 39.6mg (9.9%), Folate: 37.93µg (9.48%), Calcium: 90.83mg (9.08%), Vitamin B1: 0.13mg (8.82%), Iron: 1.49mg (8.26%), Vitamin C: 6.34mg (7.69%), Potassium: 237.81mg (6.79%), Vitamin B12: 0.39µg (6.44%), Vitamin B6: 0.11mg (5.63%), Vitamin B3: 1.05mg (5.26%), Vitamin A: 245.01IU (4.9%), Vitamin K: 5.08µg (4.84%), Zinc: 0.66mg (4.38%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.82%), Vitamin D: 0.18µg (1.2%)