

Doctor Bird Cake



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



430 kcal

DESSERT

Ingredients



1 teaspoon baking soda



2 cups banana mashed



8 ounce pineapple with juice crushed canned



1 cup corn oil



3 eggs



3 cups flour all-purpose



1 teaspoon ground cinnamon



1 teaspoon salt

- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan.
- ☐ Into a large bowl, sift together the flour, sugar, baking soda, cinnamon and salt. Make a well in the flour mixture.
- ☐ Add the mashed bananas, oil, vanilla, eggs and pineapple with juice. Fold in nuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 90 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:22.49, Glycemic Load:52.03, Inflammation Score:-4, Nutrition Score:9.9530435126761%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 429.77kcal (21.49%), Fat: 10.17g (15.65%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 79.96g (26.65%), Net Carbohydrates: 77.37g (28.14%), Sugar: 47.2g (52.44%), Cholesterol: 49.1mg (16.37%), Sodium: 362.6mg (15.77%), Alcohol: 0.21g (100%), Alcohol %: 0.15% (100%), Protein: 6.88g (13.75%), Manganese: 0.58mg (28.93%), Selenium: 17.69µg (25.27%), Vitamin B1: 0.35mg (23.48%), Folate: 87.71µg (21.93%), Vitamin B2: 0.29mg (17.02%), Iron: 2.32mg (12.9%), Vitamin B3: 2.56mg (12.79%), Copper: 0.21mg (10.41%), Fiber: 2.59g (10.34%), Vitamin B6: 0.2mg (9.9%), Phosphorus: 95.23mg (9.52%), Magnesium: 30.78mg (7.69%), Potassium: 222.26mg (6.35%), Vitamin E: 0.91mg (6.04%), Vitamin C: 4.83mg (5.85%), Vitamin B5: 0.5mg (5.01%), Zinc: 0.69mg (4.6%), Calcium: 26.49mg (2.65%), Vitamin K: 2.57µg (2.45%), Vitamin A: 103.58IU (2.07%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)