



Easy Chocolate Banana Cake

READY IN



45 min.

SERVINGS



15

CALORIES



266 kcal

DESSERT

Ingredients

- 1 banana peeled mashed
- 4 eggs
- 0.5 cup semi chocolate chips
- 8 ounces cream sour
- 8 tablespoons cocoa powder unsweetened
- 0.3 cup vegetable oil
- 18.3 ounce cake mix white

Equipment

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour one 9x13 inch pan.

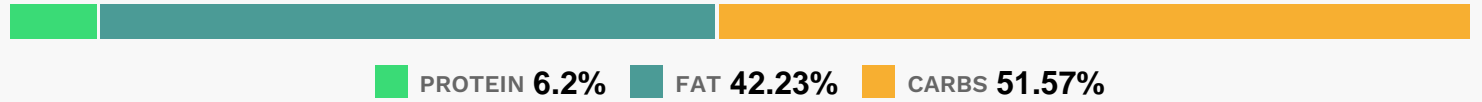
Mix together cake mix, oil, eggs, sour cream, cocoa, chocolate chips, and banana, and beat for two minutes.

Pour into prepared pan.

Bake at 350 degrees F (175 degrees C) for 35 minutes.

Let cool in pan and dust with powdered sugar if desired. ENJOY!

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:7.0347826688186%

Flavonoids

Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epicatechin: 5.24mg, Epicatechin: 5.24mg, Epicatechin: 5.24mg, Epicatechin: 5.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 265.67kcal (13.28%), Fat: 12.86g (19.78%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.27g (12.1%), Sugar: 18.28g (20.31%), Cholesterol: 52.93mg (17.64%), Sodium: 261.62mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.29mg (3.76%), Protein: 4.24g (8.49%), Phosphorus: 187.86mg (18.79%), Manganese: 0.28mg (13.94%), Selenium: 8.09µg (11.56%), Copper: 0.22mg (11.06%), Calcium: 104.91mg (10.49%), Vitamin K: 10.64µg (10.13%), Vitamin B2: 0.17mg (9.94%), Iron: 1.66mg (9.22%), Folate: 32.99µg (8.25%), Fiber: 2.05g (8.2%), Magnesium: 32.7mg (8.18%), Vitamin E: 0.92mg (6.15%), Vitamin B1: 0.09mg (5.93%), Vitamin B3: 1.01mg (5.03%), Zinc: 0.71mg (4.75%), Potassium: 159.19mg (4.55%), Vitamin B5: 0.38mg (3.83%), Vitamin B6: 0.07mg (3.49%), Vitamin A: 165.59IU (3.31%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.23µg (1.56%)