



Sweet Hummingbird Cake

READY IN



45 min.

SERVINGS



16

CALORIES



280 kcal

DESSERT

Ingredients

- 0.5 cup banana ripe mashed
- 8 oz pineapple crushed canned
- 2 eggs
- 0.3 cup milk
- 16 servings pecans toasted chopped
- 0.3 cup rum dark
- 1 teaspoon vanilla extract
- 16 oz vanilla frosting canned
- 18.5 oz duncan hines classic decadent cake mix

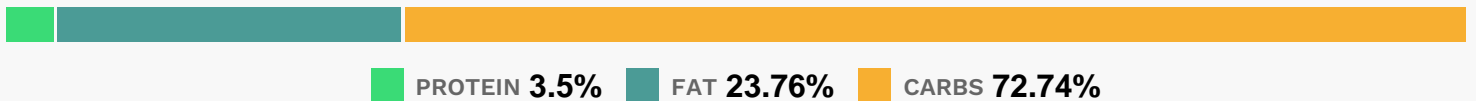
Equipment

- frying pan
- oven
- mixing bowl
- wire rack
- hand mixer
- toothpicks
- microwave
- kugelhopf pan

Directions

- Beat together first 5 ingredients and rum, if desired, in a large mixing bowl at low speed with an electric mixer until blended.
- Add cake mix, beat at medium speed 2 minutes.
- Pour batter into a greased and floured Bundt pan.
- Bake at 350 for 50 minutes or until a toothpick inserted in center comes out clean. Cool in pan on a wire rack 15 minutes; remove cake from pan and cool completely on wire rack.
- Microwave frosting on high 15 to 20 seconds or until pourable.
- Let stand one minute before drizzling over cake.
- Sprinkle pecans over frosting.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:8.87, Inflammation Score:-1, Nutrition Score:4.489130375178%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin:

0.36mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate:
0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate:
0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 279.56kcal (13.98%), Fat: 7.2g (11.07%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 49.57g (16.52%), Net
Carbohydrates: 48.81g (17.75%), Sugar: 34.55g (38.39%), Cholesterol: 20.92mg (6.97%), Sodium: 288.83mg
(12.56%), Alcohol: 1.34g (100%), Alcohol %: 1.8% (100%), Protein: 2.38g (4.77%), Phosphorus: 135.27mg (13.53%),
Vitamin B2: 0.2mg (11.48%), Calcium: 83.64mg (8.36%), Folate: 29.66µg (7.42%), Selenium: 4.75µg (6.79%), Vitamin
B1: 0.1mg (6.74%), Manganese: 0.13mg (6.39%), Vitamin E: 0.8mg (5.33%), Iron: 0.86mg (4.78%), Vitamin B3:
0.94mg (4.69%), Vitamin K: 4.76µg (4.53%), Copper: 0.06mg (3.12%), Fiber: 0.76g (3.05%), Vitamin B6: 0.05mg
(2.54%), Magnesium: 9.64mg (2.41%), Vitamin B5: 0.23mg (2.35%), Potassium: 82.17mg (2.35%), Zinc: 0.33mg
(2.17%), Vitamin C: 1.75mg (2.12%), Vitamin B12: 0.07µg (1.16%), Vitamin D: 0.15µg (1.01%)