



Fluffy Banana Cake

READY IN



65 min.

SERVINGS



8

CALORIES



824 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 2 bananas
- ☐ 0.3 cup buttermilk
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 4 cups whipped heavy cream
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

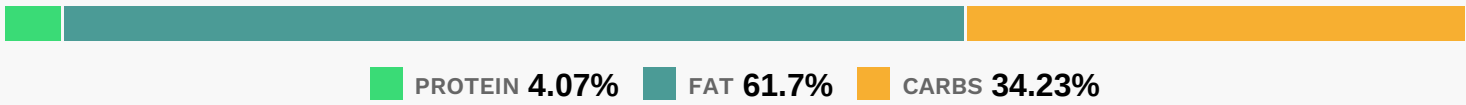
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch layer cake pans. Sift together flour, baking powder, soda, and salt; set aside.
- ☐ In a large bowl, combine the shortening, sugar, eggs, and vanilla. Beat well. Blend in the buttermilk.
- ☐ Add sifted flour mixture alternately with mashed banana to the egg mixture while beating.
- ☐ Pour batter into prepared pans.
- ☐ Bake cake for 30 to 35 minutes.
- ☐ Remove from pans, and cool on wire racks. Fill and frost the cake with whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.36, Glycemic Load:46.87, Inflammation Score:-8, Nutrition Score:12.446956530861%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg 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: 824.2kcal (41.21%), Fat: 57.59g (88.6%), Saturated Fat: 31.14g (194.63%), Carbohydrates: 71.88g (23.96%), Net Carbohydrates: 70.27g (25.55%), Sugar: 45.05g (50.06%), Cholesterol: 176.21mg (58.74%), Sodium: 331.92mg (14.43%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 8.56g (17.11%), Vitamin A: 1839.96IU (36.8%), Vitamin B2: 0.47mg (27.67%), Selenium: 18.34µg (26.2%), Vitamin B1: 0.29mg (19.25%), Folate: 73.39µg (18.35%), Manganese: 0.3mg (15.02%), Vitamin D: 2.22µg (14.81%), Phosphorus: 142.92mg (14.29%), Vitamin E: 2.05mg

(13.66%), Calcium: 114.83mg (11.48%), Vitamin B3: 2.13mg (10.67%), Iron: 1.9mg (10.54%), Vitamin K: 10.92µg (10.4%), Vitamin B6: 0.19mg (9.27%), Vitamin B5: 0.82mg (8.23%), Potassium: 278.97mg (7.97%), Fiber: 1.61g (6.45%), Magnesium: 25.37mg (6.34%), Vitamin B12: 0.32µg (5.38%), Zinc: 0.72mg (4.82%), Copper: 0.09mg (4.7%), Vitamin C: 3.28mg (3.98%)