



Gramma Bertha's Banana Cake

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas sliced
- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup heavy whipping cream sour
- ☐ 1.5 cups sugar white

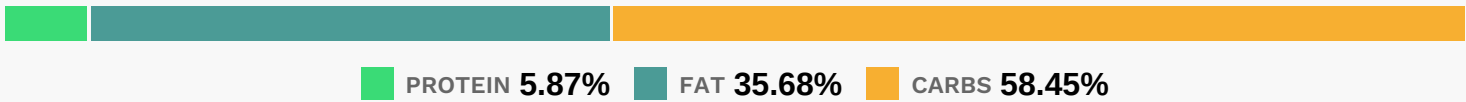
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 10 inch Bundt pan with non-stick cooking spray.
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time. Beat in the sliced bananas, sour cream and baking soda. Beat in the flour.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:24.99, Glycemic Load:38.67, Inflammation Score:-5, Nutrition Score:7.7978260776271%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 390.09kcal (19.5%), Fat: 15.8g (24.31%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 58.23g (19.41%), Net Carbohydrates: 56.63g (20.59%), Sugar: 35.18g (39.09%), Cholesterol: 103.44mg (34.48%), Sodium: 215.7mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Selenium: 15.38µg (21.97%), Vitamin B2: 0.28mg (16.35%), Folate: 62.82µg (15.71%), Vitamin B1: 0.22mg (14.63%), Manganese: 0.27mg (13.74%), Vitamin A: 544.62IU (10.89%), Vitamin B6: 0.18mg (9.03%), Phosphorus: 89.84mg (8.98%), Iron: 1.59mg (8.85%), Vitamin B3:

1.75mg (8.75%), Fiber: 1.6g (6.38%), Potassium: 209.84mg (6%), Vitamin B5: 0.59mg (5.87%), Magnesium: 19.7mg (4.92%), Calcium: 41.63mg (4.16%), Copper: 0.08mg (4.13%), Vitamin C: 3.29mg (3.98%), Vitamin E: 0.59mg (3.91%), Vitamin B12: 0.22µg (3.74%), Zinc: 0.54mg (3.63%), Vitamin D: 0.35µg (2.35%), Vitamin K: 1.44µg (1.38%)