



Grandma Thury's Banana Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas ripe mashed (two; 12 oz. total)
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 0.1 teaspoon ground ginger
- ☐ 8 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ In a large bowl, mix eggs, sugar, sour cream, bananas, and vanilla until well blended. In another bowl, stir together flour, baking powder, baking soda, salt, cinnamon, ginger, and cloves. Stir flour mixture into banana mixture just until well blended. Scrape batter into a buttered and floured 9-inch square baking pan.
- ☐ Bake in a 350 regular or convection oven until top springs back when gently pressed and a skewer inserted in the center comes out with moist crumbs attached, 30 to 35 minutes. Dust with powdered sugar before cutting into squares; serve warm or cool from pan.

Nutrition Facts



Properties

Glycemic Index:37.11, Glycemic Load:37.03, Inflammation Score:-4, Nutrition Score:7.7204346941865%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 334.92kcal (16.75%), Fat: 7.22g (11.11%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 62.86g (20.95%), Net Carbohydrates: 61.48g (22.36%), Sugar: 36.24g (40.27%), Cholesterol: 63.46mg (21.15%), Sodium: 416.17mg (18.09%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.72g (11.43%), Selenium: 15.91µg (22.72%), Vitamin B1: 0.26mg (17.47%), Folate: 68.55µg (17.14%), Vitamin B2: 0.28mg (16.49%), Manganese: 0.31mg (15.67%), Phosphorus: 106.54mg (10.65%), Iron: 1.88mg (10.46%), Calcium: 101.76mg (10.18%), Vitamin B3: 2.01mg (10.06%), Vitamin B6: 0.12mg (5.81%), Fiber: 1.38g (5.53%), Vitamin A: 258.86IU (5.18%), Vitamin B5: 0.49mg (4.88%), Potassium: 156.38mg (4.47%), Magnesium: 16.83mg (4.21%), Copper: 0.08mg (3.86%), Zinc: 0.51mg (3.4%), Vitamin B12: 0.17µg (2.86%), Vitamin C: 1.89mg (2.29%), Vitamin E: 0.28mg (1.88%), Vitamin D: 0.25µg (1.67%)