



Heavenly Chocolate and Banana Cake

READY IN



95 min.

SERVINGS



16

CALORIES



372 kcal

DESSERT

Ingredients

- 1.8 cups fully bananas ripe mashed (4)
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 1 pkg chocolate cake mix (2-layer size) (not pudding in the mix variety)
- 1 cup maxwell house coffee instant cooled prepared
- 1 tsp maxwell house coffee instant
- 2 Tbsp milk warmed
- 0.5 cup planters pecans chopped
- 2 cups powdered sugar

- 4 oz baker's semi-sweet chocolate divided
- 0.5 cup cocoa powder unsweetened
- 0.3 cup water

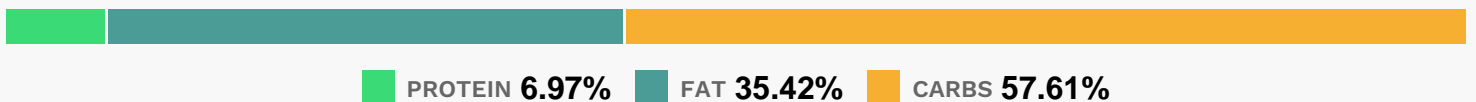
Equipment

- bowl
- oven
- blender
- toothpicks

Directions

- Heat oven to 350F.
- Spray 2 (9-inch) round pans with cooking spray; dust with flour. Cover bottoms with waxed paper. Beat first 6 ingredients in large bowl with mixer until blended; pour evenly into prepared pans.
- Bake 30 to 35 min. or until toothpick inserted in centers comes out clean. Cool 10 min.; remove from pans to wire racks. Immediately remove waxed paper. Cool cakes completely. Meanwhile, make chocolate curls from 1 oz. chocolate. (See tip.)
- Melt remaining chocolate as directed on package. Dissolve 1 tsp. instant coffee in warm milk. Beat cream cheese in medium bowl with mixer until creamy.
- Add melted chocolate and milk mixture; mix well. Gradually beat in powdered sugar.
- Fill and frost cake layers with cream cheese frosting. Immediately press nuts into frosting on side of cake. Top cake with chocolate curls.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:10.969999904218%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 372kcal (18.6%), Fat: 15.37g (23.65%), Saturated Fat: 6.05g (37.84%), Carbohydrates: 56.25g (18.75%), Net Carbohydrates: 53.31g (19.39%), Sugar: 30.44g (33.82%), Cholesterol: 45.66mg (15.22%), Sodium: 287.16mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 481.51mg (160.5%), Protein: 6.8g (13.6%), Manganese: 0.7mg (34.98%), Vitamin B3: 4.9mg (24.52%), Magnesium: 97.84mg (24.46%), Potassium: 800.43mg (22.87%), Phosphorus: 201.62mg (20.16%), Copper: 0.38mg (18.96%), Iron: 2.98mg (16.56%), Selenium: 10.36µg (14.8%), Fiber: 2.93g (11.73%), Calcium: 93.23mg (9.32%), Vitamin B2: 0.16mg (9.17%), Folate: 26.72µg (6.68%), Zinc: 0.99mg (6.6%), Vitamin B1: 0.08mg (5.64%), Vitamin B6: 0.11mg (5.51%), Vitamin A: 254.54IU (5.09%), Vitamin E: 0.61mg (4.09%), Vitamin B5: 0.38mg (3.75%), Vitamin K: 2.4µg (2.29%), Vitamin B12: 0.13µg (2.12%), Vitamin C: 1.46mg (1.77%), Vitamin D: 0.19µg (1.24%)