



## Hummingbird Bundt Cake

READY IN



225 min.

SERVINGS



12

CALORIES



524 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 12 servings glaze
- 1.8 cups banana ripe mashed ( 4 large)
- 8 oz pineapple crushed canned (do not drain)
- 0.8 cup canola oil
- 4 ounces cream cheese cubed softened
- 3 large eggs lightly beaten
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 1 Tbsp milk
- 1.5 cups pecans chopped
- 2 cups powdered sugar sifted
- 0.5 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla extract
- 1.5 teaspoons vanilla extract

## Equipment

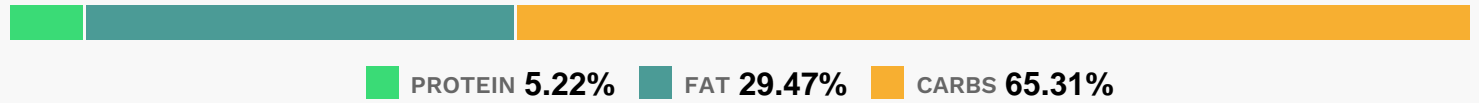
- food processor
- bowl
- frying pan
- oven
- wire rack
- kugelhkopf pan

## Directions

- Prepare Cake Batter: Preheat oven to 35
- Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
- Stir together flour and next 4 ingredients in a large bowl; stir in eggs and next 4 ingredients, stirring just until dry ingredients are moistened.
- Sprinkle 1 cup toasted pecans into a greased and floured 14-cup Bundt pan. Spoon batter over pecans.
- Bake at 350 for 1 hour to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack 15 minutes; remove from pan to wire rack, and cool completely (about 2 hours).
- Prepare Glaze: Process cream cheese, powdered sugar, vanilla, and 1 Tbsp. milk in a food processor until well blended.

Add remaining 1 Tbsp. milk, 1 tsp. at a time, processing until smooth. Immediately pour glaze over cooled cake, and sprinkle with remaining 1/2 cup toasted pecans.

## Nutrition Facts



## Properties

Glycemic Index:23.32, Glycemic Load:43.17, Inflammation Score:-4, Nutrition Score:10.948695628539%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 524.1kcal (26.21%), Fat: 17.6g (27.07%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 87.74g (29.25%), Net Carbohydrates: 84.68g (30.79%), Sugar: 59.39g (65.99%), Cholesterol: 56.19mg (18.73%), Sodium: 237.85mg (10.34%), Alcohol: 0.29g (100%), Alcohol %: 0.2% (100%), Protein: 7.02g (14.03%), Manganese: 0.92mg (46.17%), Vitamin B1: 0.37mg (24.62%), Selenium: 16.41µg (23.44%), Folate: 72.24µg (18.06%), Vitamin B2: 0.28mg (16.68%), Copper: 0.26mg (13.07%), Fiber: 3.05g (12.22%), Iron: 2.18mg (12.1%), Phosphorus: 113.91mg (11.39%), Vitamin B3: 2.23mg (11.14%), Magnesium: 34.81mg (8.7%), Vitamin B6: 0.16mg (8.23%), Zinc: 1.11mg (7.41%), Potassium: 225.69mg (6.45%), Vitamin E: 0.94mg (6.28%), Vitamin B5: 0.58mg (5.79%), Vitamin C: 3.84mg (4.65%), Vitamin A: 228.01IU (4.56%), Calcium: 38.4mg (3.84%), Vitamin K: 3.1µg (2.95%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.26µg (1.76%)