



Hummingbird Bundt Cakes

 Vegetarian

READY IN



55 min.

SERVINGS



18

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup banana ripe chopped
- ☐ 1 tablespoon bourbon
- ☐ 1 tablespoon butter melted
- ☐ 12 tablespoons butter softened
- ☐ 8 ounce pineapple crushed canned
- ☐ 3 large eggs

- ☐ 3 cups flour all-purpose
- ☐ 1.8 cups granulated sugar
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

Equipment

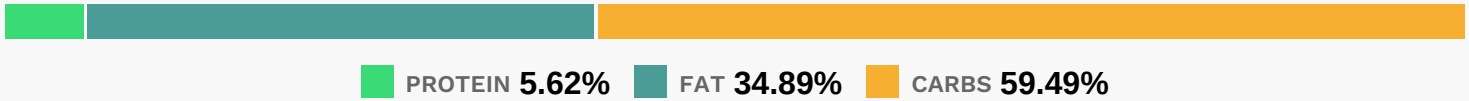
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat 18 mini Bundt cups with baking spray.
- ☐ Weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking powder, baking soda, 1/2 teaspoon salt, and cinnamon in a bowl, stirring well with a whisk.
- ☐ Place granulated sugar and 12 tablespoons butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in 1 teaspoon vanilla.

- ☐ Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture. Fold banana, pecans, and pineapple into batter.
- ☐ Spoon batter evenly into prepared pans.
- ☐ Bake at 350 for 18 minutes or until a wooden pick inserted in centers comes out with moist crumbs clinging. Cool 5 minutes in pans on a wire rack; remove from pans.
- ☐ Combine powdered sugar, bourbon, melted butter, and 1/4 teaspoon vanilla; stir until smooth.
- ☐ Drizzle over cakes.
- ☐ Doubling Up: You'll only need a touch of the bourbon glaze, but for sugar hounds, you can double the glaze and garnish with more.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:26.13, Inflammation Score:-3, Nutrition Score:5.9465217538502%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 290.76kcal (14.54%), Fat: 11.43g (17.58%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 42.53g (15.47%), Sugar: 26.36g (29.29%), Cholesterol: 53.27mg (17.76%), Sodium: 270.03mg (11.74%), Alcohol: 0.37g (100%), Alcohol %: 0.47% (100%), Protein: 4.14g (8.29%), Manganese: 0.32mg (16.1%), Selenium: 10.37µg (14.81%), Vitamin B1: 0.21mg (13.71%), Folate: 45.92µg (11.48%), Vitamin B2: 0.18mg (10.7%), Iron: 1.32mg (7.35%), Phosphorus: 73.52mg (7.35%), Vitamin B3: 1.38mg (6.88%), Vitamin A: 317.61IU (6.35%), Calcium: 58.13mg (5.81%), Fiber: 1.3g (5.19%), Copper: 0.09mg (4.65%), Magnesium: 14.97mg (3.74%), Vitamin B6: 0.07mg (3.72%), Potassium: 114.79mg (3.28%), Vitamin B5: 0.32mg (3.19%), Zinc: 0.47mg (3.16%), Vitamin E: 0.39mg (2.63%), Vitamin C: 2.08mg (2.52%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.17µg (1.11%), Vitamin K: 1.09µg (1.03%)