



Hummingbird Cake

 Vegetarian

READY IN



125 min.

SERVINGS



12

CALORIES



708 kcal

DESSERT

Ingredients

- 1.3 teaspoons baking soda
- 3 bananas ripe chopped
- 2 cups confectioners' sugar
- 16 ounces cream cheese at room temperature
- 3 large eggs at room temperature
- 2.8 cups flour for dusting all-purpose plus more
- 1.8 cups granulated sugar
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground ginger
- 1 tablespoon lemon zest finely grated
- 0.5 teaspoon nutmeg freshly grated
- 1 cup pecans
- 0.5 cup pineapple fresh finely chopped
- 0.5 teaspoon salt
- 12 servings butter unsalted for greasing
- 12 tablespoons butter unsalted cubed at room temperature
- 1 teaspoon vanilla extract
- 1 cup vegetable oil

Equipment

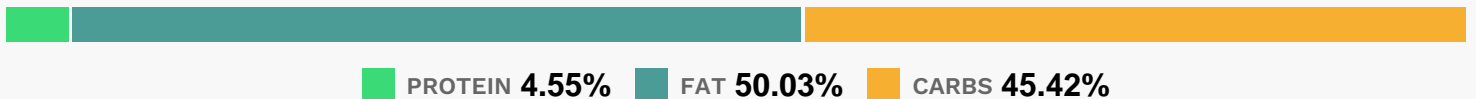
- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- toothpicks

Directions

- Make the cake: Preheat the oven to 350 degrees F. Butter two 8-inch round cake pans and line with parchment paper. Butter the parchment and dust with flour.
- Spread the pecans on a baking sheet and bake until fragrant and toasted, about 8 minutes.
- Let cool slightly, then roughly chop. Toss with the bananas, pineapple and 1/2 cup flour in a small bowl.
- Whisk the remaining 2 1/4 cups flour, the cinnamon, nutmeg, ginger, baking soda and salt in a bowl. Beat the eggs and granulated sugar in a separate bowl with a mixer on high speed until thick and light, 5 minutes. Gradually beat in the vegetable oil.

- Sprinkle the flour mixture over the egg mixture, then gently fold to make a thick batter. Fold in the pecan-fruit mixture, then transfer the batter to the prepared pans.
- Bake until the cakes are firm and a toothpick inserted into the middle comes out clean, 50 to 55 minutes. Cool in the pans on a rack, 25 minutes, then invert the cakes onto the rack to cool completely.
- Make the frosting: Beat the cream cheese in a large bowl with a mixer until fluffy, then gradually beat in the butter until combined. Sift the confectioners' sugar over the cream cheese mixture and beat until smooth.
- Add the lemon zest and vanilla and beat until light and fluffy.
- Place one cake layer on a serving plate.
- Spread about half of the frosting on top, then cover with the other cake layer.
- Spread the remaining frosting over the top and sides of the cake.
- Photograph by Stephanie Foley

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:40.53, Inflammation Score:-7, Nutrition Score:12.269565167634%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 707.67kcal (35.38%), Fat: 40.29g (61.99%), Saturated Fat: 19g (118.78%), Carbohydrates: 82.3g (27.43%), Net Carbohydrates: 79.62g (28.95%), Sugar: 54.95g (61.06%), Cholesterol: 125.53mg (41.84%), Sodium: 351.17mg (15.27%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 8.24g (16.48%), Manganese: 0.82mg (40.91%), Selenium: 17.99µg (25.7%), Vitamin A: 1078.76IU (21.58%), Vitamin B1: 0.31mg (20.98%), Vitamin B2: 0.34mg (19.88%), Folate: 71.55µg (17.89%), Phosphorus: 133.4mg (13.34%), Iron: 1.99mg (11.03%), Fiber: 2.68g (10.72%), Vitamin B3: 2.09mg (10.47%), Copper: 0.21mg (10.29%), Vitamin B6: 0.19mg (9.62%), Vitamin E: 1.37mg (9.16%),

Vitamin K: 9.5µg (9.04%), Vitamin C: 6.61mg (8.01%), Magnesium: 31.91mg (7.98%), Vitamin B5: 0.75mg (7.48%), Potassium: 257.11mg (7.35%), Zinc: 1.05mg (6.98%), Calcium: 64.43mg (6.44%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.54µg (3.57%)