



## Hummingbird Cake

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



977 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1.5 cups banana ripe mashed ( 4 medium)
- 1 cup butter softened
- 0.3 cup buttermilk
- 8 ounce pineapple crushed canned
- 8 servings optional garnishes: coconut sweetened flaked chopped
- 2 cups confectioners' sugar
- 16 ounce cream cheese softened

- 4 large eggs
- 3 cups flour all-purpose
- 2 cups granulated sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 1 teaspoon salt
- 1 tablespoon vanilla extract
- 1 teaspoon vanilla extract pure

## Equipment

- bowl
- oven
- blender
- baking pan
- hand mixer
- measuring cup

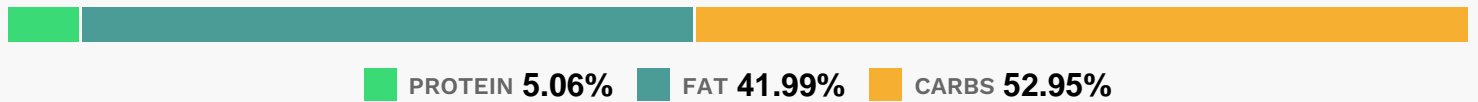
## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray three 9-inch baking pans with nonstick baking spray.
- In a large bowl, beat the butter, granulated sugar and vanilla at medium speed with a mixer until fluffy.
- Add the eggs, one at a time, beating well after each addition.
- In a medium bowl, combine the flour, baking soda, cinnamon and salt.
- Add to the butter mixture alternately with the buttermilk, beginning and ending with the flour mixture, beating just until combined after each addition.
- Add the bananas and pineapple, beating until combined.
- Using a measuring cup, spoon the batter into each of the three prepared pans, one scoop at a time to ensure an even distribution. Slam the pans against the counter to get any air bubbles

out of the batter.

- Bake until a wooden pick inserted in the center comes out clean, 25 to 35 minutes. Cool in the pans for 10 minutes.
- Remove from the pans and cool completely on wire racks.
- Spread some Frosting between the layers.
- Spread the remaining frosting over the top and sides of the cake.
- Garnish with coconut and nuts if desired.
- Beat the butter and cream cheese together with a handheld electric mixer until smooth and creamy. Beat in the confectioners' sugar in increments. Lastly beat in the lemon juice and vanilla.

## Nutrition Facts



## Properties

Glycemic Index:39.11, Glycemic Load:64.9, Inflammation Score:-8, Nutrition Score:15.106956533764%

## Flavonoids

Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 977.42kcal (48.87%), Fat: 46.26g (71.17%), Saturated Fat: 27.38g (171.14%), Carbohydrates: 131.27g (43.76%), Net Carbohydrates: 128.66g (46.79%), Sugar: 90.26g (100.29%), Cholesterol: 212.37mg (70.79%), Sodium: 839.66mg (36.51%), Alcohol: 0.73g (100%), Alcohol %: 0.3% (100%), Protein: 12.54g (25.08%), Selenium: 30.14µg (43.06%), Vitamin A: 1655.08IU (33.1%), Vitamin B2: 0.55mg (32.19%), Vitamin B1: 0.44mg (29.04%), Folate: 111.45µg (27.86%), Manganese: 0.47mg (23.58%), Phosphorus: 185.71mg (18.57%), Iron: 2.92mg (16.23%), Vitamin B3: 3.15mg (15.74%), Vitamin B6: 0.23mg (11.3%), Vitamin B5: 1.08mg (10.8%), Calcium: 104.22mg (10.42%), Fiber: 2.6g (10.41%), Vitamin E: 1.49mg (9.91%), Potassium: 327.07mg (9.34%), Magnesium: 32.86mg (8.22%), Copper: 0.16mg (8.1%), Vitamin B12: 0.44µg (7.36%), Zinc: 1.09mg (7.28%), Vitamin C: 5.85mg (7.09%), Vitamin D: 0.63µg (4.2%), Vitamin K: 3.84µg (3.66%)