



WHATSheATE



Hummingbird Cake



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



575 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups banana chopped
- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 3 large eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup pecans chopped

- ☐ 1 teaspoon salt
- ☐ 12 servings shortening
- ☐ 2 cups sugar
- ☐ 1.5 teaspoons vanilla extract
- ☐ 5.5 cups vegetable oil

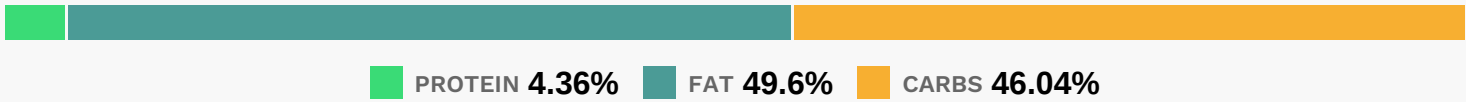
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350
- ☐ Whisk together flour and next 4 ingredients in a large bowl; add eggs and oil, stirring just until dry ingredients are moistened. Stir in vanilla, pineapple, bananas, and 1 cup chopped toasted pecans. Spoon batter into 3 well-greased (with shortening) and floured 9-inch round cake pans.
- ☐ Bake at 350 for 25–30 minutes or until a wooden pick inserted in center comes out clean. Cool cake layers in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 1 hour).
- ☐ Place 1 cake layer on a serving platter.
- ☐ Spread 1 cup Cream Cheese Frosting over cake layer. Top with second layer, and spread 1 cup frosting over cake layer. Top with third cake layer, and spread top and sides of cake with remaining frosting. Arrange toasted pecan halves in a circular pattern over top of cake.

Nutrition Facts



Properties

Glycemic Index:18.74, Glycemic Load:43.35, Inflammation Score:-5, Nutrition Score:12.382608766141%

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: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 575.04kcal (28.75%), Fat: 32.5g (50%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 67.87g (22.62%), Net Carbohydrates: 64.73g (23.54%), Sugar: 39.75g (44.17%), Cholesterol: 46.5mg (15.5%), Sodium: 304.24mg (13.23%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 6.43g (12.86%), Manganese: 0.93mg (46.47%), Vitamin K: 38.2µg (36.38%), Vitamin B1: 0.37mg (24.5%), Selenium: 15.48µg (22.12%), Folate: 72.01µg (18%), Vitamin B2: 0.26mg (15.19%), Vitamin E: 2.07mg (13.8%), Copper: 0.26mg (13.03%), Fiber: 3.14g (12.54%), Iron: 2.17mg (12.05%), Vitamin B3: 2.24mg (11.19%), Phosphorus: 103.2mg (10.32%), Magnesium: 34.61mg (8.65%), Vitamin B6: 0.17mg (8.5%), Zinc: 1.06mg (7.07%), Potassium: 221.65mg (6.33%), Vitamin B5: 0.54mg (5.37%), Vitamin C: 4.11mg (4.98%), Calcium: 27.69mg (2.77%), Vitamin A: 101.07IU (2.02%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)