



Hummingbird Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



653 kcal

DESSERT

Ingredients

- 1 stick pam original flavor shopping list
- 1 serving flour all-purpose for pans
- 3 cups self raising flour
- 2 cups granulated sugar
- 0.8 cup vegetable oil
- 0.5 cup pecans finely chopped
- 2 large banana very ripe mashed
- 8 ounce pineapple with juice crushed canned

- 1 teaspoon vanilla extract pure
- 1 teaspoon ground cinnamon
- 4 large eggs beaten
- 1 pound powdered sugar (1 box)
- 8 ounces cream cheese room temperature
- 6 tablespoons butter unsalted softened ()
- 1 teaspoon vanilla extract pure
- 1 tablespoon milk
- 0.5 cup pecans finely chopped

Equipment

- bowl
- baking paper
- oven
- wire rack
- hand mixer
- offset spatula
- serrated knife

Directions

- Preheat oven to 325 degrees. Spray and flour three 8-by-2-inch round cake pans, tapping out excess flour; set aside.
- Prepare the cake; in a large bowl, stir to combine self-rising flour, sugar, oil, pecans, bananas, pineapple, vanilla, cinnamon, and eggs.
- Divide batter evenly between prepared pans, smoothing with an offset spatula.
- Bake, rotating pans halfway through, until the tops spring back when gently pressed with your fingertips, 26 to 28 minutes.
- Transfer pans to a wire rack to cool 10 minutes. Invert cakes onto wire rack. Re-invert cakes and let them cool completely, top sides up.

- Prepare the frosting; in the bowl of an electric mixer fitted with the paddle attachment, combine sugar, cream cheese, butter, vanilla, and 1 tablespoon milk on medium speed until frosting is smooth. If needed, add more milk, 1 teaspoon at a time, to achieve the proper spreading consistency.
- Using a serrated knife, trim tops of cakes to make level.
- Place four strips of parchment paper around perimeter of a serving plate or lazy Susan.
- Place the first layer on the cake plate.
- Spread the top of the first layer with 1/4 of the frosting.
- Place the second layer on top and repeat process with another 1/4 of the frosting.
- Place the remaining layer on top of the second layer bottom side up.
- Spread entire cake with remaining frosting.
- Sprinkle the top with pecans.
- Remove parchment paper strips; refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:29.74, Glycemic Load:41.15, Inflammation Score:-4, Nutrition Score:9.3047827119413%

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: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 652.74kcal (32.64%), Fat: 23.86g (36.71%), Saturated Fat: 9.05g (56.56%), Carbohydrates: 104.9g (34.97%), Net Carbohydrates: 102.34g (37.21%), Sugar: 77.08g (85.64%), Cholesterol: 96.29mg (32.1%), Sodium: 86.53mg (3.76%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 8.35g (16.71%), Manganese: 0.76mg (38.11%), Selenium: 20.53µg (29.33%), Phosphorus: 118.77mg (11.88%), Copper: 0.23mg (11.36%), Vitamin B2: 0.19mg (11.3%), Vitamin A: 550.94IU (11.02%), Fiber: 2.56g (10.25%), Vitamin B1: 0.13mg (8.56%), Vitamin B6: 0.17mg (8.43%),

Magnesium: 32.07mg (8.02%), Folate: 28.69µg (7.17%), Zinc: 1.07mg (7.11%), Vitamin E: 1.01mg (6.71%), Vitamin B5: 0.67mg (6.7%), Potassium: 228.37mg (6.52%), Vitamin K: 6.66µg (6.35%), Iron: 1.02mg (5.67%), Calcium: 48.64mg (4.86%), Vitamin C: 3.85mg (4.67%), Vitamin B3: 0.7mg (3.5%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.45µg (3.01%)