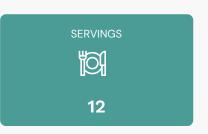


Hummingbird Cake

Vegetarian







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
O.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	
Eq	uipment	
	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	
PROTEIN 5% FAT 32 16% CARRS 62 84%		

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, Catechin: 2.04mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Cuercetin: 0.0

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%)