



Hummingbird Cake



Vegetarian



Popular

READY IN



65 min.

SERVINGS



12

CALORIES



1029 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons double-acting baking powder (make sure your baking powder is still fresh!)
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 3 large eggs
- ☐ 2 cups granulated sugar white

- ☐ 1 cup canola oil
- ☐ 2 teaspoons vanilla extract
- ☐ 8 ounce pineapple with juice crushed canned
- ☐ 2 cups bananas mashed (from 3 to 5 bananas)
- ☐ 1 cup pecans finely chopped
- ☐ 1 pound cream cheese softened
- ☐ 1 cup butter unsalted softened (2 sticks)
- ☐ 32 ounces powdered sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup pecans toasted roughly chopped for topping (optional,
- ☐ 1 tablespoon cointreau (see Recipe Note)
- ☐ 1 tablespoon cointreau (see Recipe Note)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat the oven to 350° F. Butter and flour three 9-inch round cake pans.
- ☐ Whisk together dry ingredients: In a large bowl, vigorously whisk together the dry ingredients: flour, baking soda, baking powder, salt, cinnamon, and nutmeg (optional).

- ☐ Whisk together oil, sugar, eggs, then stir in pineapple, bananas, vanilla, 1 cup of pecans: In a separate bowl, whisk the canola oil, sugar, and eggs together until combined. Stir the pineapple, bananas, vanilla and one cup of the chopped pecans into the egg mixture and mix (do not beat).
- ☐ Fold wet ingredients into dry: Using a wooden spoon or spatula, fold the wet ingredients into the dry ingredients until just combined (do not over-mix).
- ☐ Pour into cake pans and bake:
- ☐ Pour the batter into the three prepared cake pans, taking care to divide evenly.
- ☐ Bake at 350°F on center racks of oven for 20 to 25 minutes, or until a toothpick or knife inserted in the center comes out clean.
- ☐ Cool: Allow the cakes to cool in the pan on wire racks for 10 minutes. After 10 minutes, run a knife around the edges and remove the cakes from the pans. Cool completely on wire racks before frosting.
- ☐ Make the frosting: Beat the softened butter and cream cheese in a large bowl with an electric mixer. With the mixer on low speed, add the powdered sugar in small amounts until all is incorporated, then add the Cointreau and vanilla and beat until the frosting is light and fluffy.
- ☐ Note: Do not add the powdered sugar while the mixer is set on a high speed, or you will create a snowy mess of sugar all over your kitchen. (Please do not ask me how I know this.)
- ☐ Frost the cake:
- ☐ Place one layer, top down, on a large plate or cake stand (this creates a smooth surface on the top and results in a more level cake).
- ☐ Spread frosting evenly over the first layer, then repeat with the second and third layers, then frost the sides.
- ☐ Sprinkle the top completely with the remaining cup of chopped pecans (toasted or un-toasted). Alternatively, press the chopped pecans onto the sides of the cake and leave the top simply frosted.
- ☐ This cake is best served the day it's made and can be kept, assembled and frosted, for a few hours before servings. If you need to serve it the next day or if you have leftovers, cover the cake as well as possible and refrigerate it.
- ☐ Remove it from the fridge and let it come up to room temperature for an hour or two before serving.

Nutrition Facts



 **PROTEIN 3.58%**  **FAT 39.96%**  **CARBS 56.46%**

Properties

Glycemic Index:34.49, Glycemic Load:45.5, Inflammation Score:-7, Nutrition Score:15.247391317202%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1029.3kcal (51.46%), Fat: 46.94g (72.21%), Saturated Fat: 19.26g (120.35%), Carbohydrates: 149.18g (49.73%), Net Carbohydrates: 145.27g (52.83%), Sugar: 116.91g (129.9%), Cholesterol: 125.35mg (41.78%), Sodium: 451.73mg (19.64%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 9.47g (18.94%), Manganese: 1.18mg (58.95%), Selenium: 19.67µg (28.11%), Vitamin B1: 0.41mg (27.41%), Vitamin B2: 0.38mg (22.45%), Vitamin A: 1092.07IU (21.84%), Folate: 79.55µg (19.89%), Phosphorus: 178.33mg (17.83%), Copper: 0.34mg (17.06%), Fiber: 3.92g (15.66%), Iron: 2.48mg (13.77%), Vitamin E: 1.87mg (12.45%), Vitamin B6: 0.25mg (12.37%), Vitamin B3: 2.42mg (12.1%), Magnesium: 47.65mg (11.91%), Calcium: 112.82mg (11.28%), Zinc: 1.5mg (10.01%), Potassium: 342.13mg (9.78%), Vitamin B5: 0.85mg (8.48%), Vitamin C: 5.25mg (6.36%), Vitamin K: 5.92µg (5.64%), Vitamin B12: 0.23µg (3.78%), Vitamin D: 0.53µg (3.56%)