

Hummingbird Cake II

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



1041 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 cups banana diced
- 0.5 cup butter
- 8 ounce pineapple crushed drained canned
- 4 cups powdered sugar
- 8 ounce cream cheese softened
- 3 eggs
- 3 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil
- 1 cup walnut pieces chopped
- 2 cups granulated sugar white

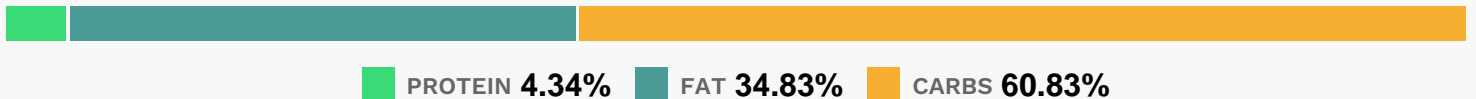
Equipment

- oven
- blender

Directions

- Do NOT use mixer.
- Combine flour, white sugar, salt, baking soda, and ground cinnamon.
- Add eggs and oil stirring until dry ingredients are moistened. Stir in 1 1/2 teaspoons vanilla, pineapple, nuts and bananas.
- Pour into 3 9-inch greased and floured pans.
- Bake at 350 degrees F (175 degrees C) for 25–30 minutes or until cake tests done.
- Combine cream cheese and butter or margarine. Cream until smooth.
- Add confectioners' sugar, beating until light and fluffy. Stir in 1 teaspoon vanilla. Frost cooled cake.

Nutrition Facts



Properties

Glycemic Index:37.73, Glycemic Load:65.57, Inflammation Score:-7, Nutrition Score:16.53173919346%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

0.01mg 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: 1041.42kcal (52.07%), Fat: 41.32g (63.56%), Saturated Fat: 15.8g (98.73%), Carbohydrates: 162.37g (54.12%), Net Carbohydrates: 158.65g (57.69%), Sugar: 118.91g (132.12%), Cholesterol: 120.52mg (40.17%), Sodium: 634.82mg (27.6%), Alcohol: 0.17g (100%), Alcohol %: 0.06% (100%), Protein: 11.57g (23.14%), Manganese: 0.98mg (48.9%), Selenium: 25.41µg (36.3%), Vitamin B1: 0.47mg (31.49%), Folate: 119.78µg (29.94%), Vitamin B2: 0.45mg (26.69%), Copper: 0.39mg (19.29%), Phosphorus: 178.06mg (17.81%), Iron: 3.19mg (17.7%), Vitamin A: 866.22IU (17.32%), Vitamin K: 17.67µg (16.83%), Vitamin B3: 3.31mg (16.55%), Vitamin B6: 0.3mg (15.15%), Fiber: 3.72g (14.89%), Magnesium: 52.83mg (13.21%), Vitamin E: 1.59mg (10.63%), Potassium: 351.73mg (10.05%), Vitamin B5: 0.85mg (8.45%), Zinc: 1.25mg (8.33%), Vitamin C: 6.13mg (7.43%), Calcium: 71.76mg (7.18%), Vitamin B12: 0.23µg (3.89%), Vitamin D: 0.33µg (2.2%)