



Hummingbird Cake III

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



331 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups bananas diced
- 0.5 cup butter softened
- 8 ounce pineapple crushed drained canned
- 4 cups confectioners' sugar
- 8 ounce cream cheese
- 3 eggs beaten
- 3 cups flour all-purpose

- 1 teaspoon ground cinnamon
- 0.5 cup pecans chopped
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil
- 2 cups sugar white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a large cookie sheet with sides, or an 11 x 17 inch jelly roll pan.
- Combine flour, white sugar, baking powder, salt, and cinnamon in a large bowl.
- Add eggs and oil; stir until moistened. Do not beat. Stir in bananas, 2 teaspoons vanilla, pineapple, and 1 cup pecans.
- Bake for 25 to 30 minutes, or until done. Cool on a wire rack.
- Beat 1/2 cup pecans, cream cheese, butter or margarine, confectioners sugar, and 1 teaspoon vanilla together until light and fluffy.
- Spread over the top of the cooled cake.

Nutrition Facts



Properties

Glycemic Index:15.99, Glycemic Load:21.84, Inflammation Score:-3, Nutrition Score:5.0108696274135%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 331.04kcal (16.55%), Fat: 12.23g (18.81%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 53.82g (17.94%), Net Carbohydrates: 52.69g (19.16%), Sugar: 39.6g (44%), Cholesterol: 40.17mg (13.39%), Sodium: 183.57mg (7.98%), Alcohol: 0.06g (100%), Alcohol %: 0.07% (100%), Protein: 3.32g (6.65%), Manganese: 0.26mg (13.09%), Selenium: 8.32µg (11.88%), Vitamin B1: 0.16mg (10.39%), Folate: 35.65µg (8.91%), Vitamin B2: 0.15mg (8.64%), Vitamin A: 289.04IU (5.78%), Vitamin K: 5.84µg (5.56%), Iron: 1mg (5.53%), Vitamin B3: 1.08mg (5.38%), Phosphorus: 52.43mg (5.24%), Fiber: 1.13g (4.53%), Vitamin B6: 0.08mg (3.98%), Copper: 0.08mg (3.92%), Vitamin E: 0.53mg (3.53%), Magnesium: 12.7mg (3.18%), Calcium: 30.52mg (3.05%), Potassium: 105.09mg (3%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.37mg (2.46%), Vitamin C: 2mg (2.43%), Vitamin B12: 0.08µg (1.3%)