



It Won't Last Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



566 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 2 cups bananas mashed
- 3 eggs beaten
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup pecans chopped
- 1 cup pineapple with juice crushed
- 1 teaspoon salt

- 1.5 teaspoons vanilla extract
- 1.3 cups vegetable oil
- 3 cups sugar white

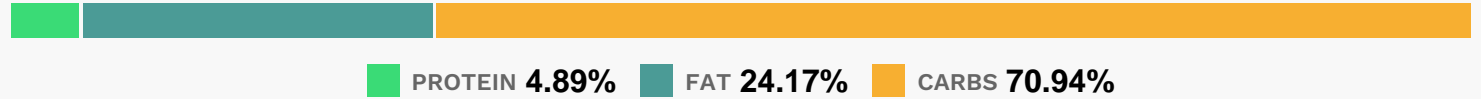
Equipment

- oven
- kugelhopf pan

Directions

- Grease and flour a 9 or 10 inch bundt pan. Preheat oven to 350 degrees F (175 degrees C).
- Mix together oil, sugar, eggs, pineapples, bananas, pecans, flour, vanilla, soda, cinnamon, and salt. (Optional: adding 1 cup maraschino cherries to mixture makes a nice fruit cake.)
- Pour into prepared bundt pan.
- Bake for about 1 1/2 hours at 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:21.49, Glycemic Load:67.62, Inflammation Score:-4, Nutrition Score:12.113043525945%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 566.22kcal (28.31%), Fat: 15.65g (24.07%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 103.3g (34.43%), Net Carbohydrates: 99.73g (36.27%), Sugar: 68.61g (76.24%), Cholesterol: 49.1mg (16.37%), Sodium: 472.23mg (20.53%), Alcohol: 0.21g (100%), Alcohol %: 0.12% (100%), Protein: 7.13g (14.26%), Manganese: 0.91mg

(45.54%), Vitamin B1: 0.4mg (26.94%), Selenium: 18.07µg (25.81%), Folate: 87.14µg (21.79%), Vitamin B2: 0.31mg (18.14%), Fiber: 3.57g (14.28%), Iron: 2.46mg (13.69%), Vitamin B3: 2.71mg (13.54%), Copper: 0.25mg (12.71%), Vitamin B6: 0.24mg (12.05%), Vitamin K: 11.64µg (11.08%), Phosphorus: 108.16mg (10.82%), Magnesium: 38.09mg (9.52%), Potassium: 289.57mg (8.27%), Vitamin C: 5.74mg (6.96%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.61mg (6.12%), Vitamin E: 0.84mg (5.62%), Calcium: 28.61mg (2.86%), Vitamin A: 115.82IU (2.32%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)