



## It Won't Last Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



605 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 maraschino cherries
- 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

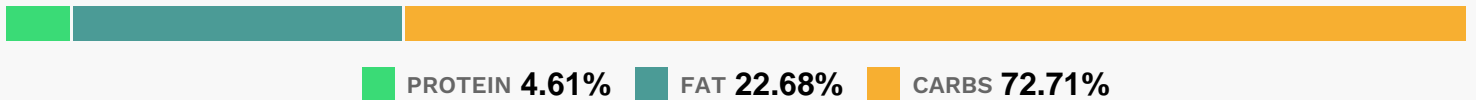
## Equipment

- 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:12.481304334558%

## 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

## Nutrients (% of daily need)

Calories: 605.25kcal (30.26%), Fat: 15.7g (24.15%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 113.24g (37.75%), Net Carbohydrates: 108.91g (39.6%), Sugar: 77.79g (86.44%), Cholesterol: 49.1mg (16.37%), Sodium: 473.17mg

(20.57%), Alcohol: 0.21g (100%), Alcohol %: 0.11% (100%), Protein: 7.18g (14.36%), Manganese: 0.91mg (45.68%), Vitamin B1: 0.4mg (26.94%), Selenium: 18.12µg (25.88%), Folate: 87.14µg (21.79%), Vitamin B2: 0.31mg (18.14%), Fiber: 4.33g (17.31%), Copper: 0.29mg (14.4%), Iron: 2.57mg (14.26%), Vitamin B3: 2.71mg (13.54%), Vitamin B6: 0.24mg (12.11%), Vitamin K: 11.99µg (11.42%), Phosphorus: 108.87mg (10.89%), Magnesium: 39.03mg (9.76%), Potassium: 294.54mg (8.42%), Zinc: 1.08mg (7.23%), Vitamin C: 5.74mg (6.96%), Vitamin B5: 0.62mg (6.25%), Vitamin E: 0.85mg (5.7%), Calcium: 41.38mg (4.14%), Vitamin A: 126.47IU (2.53%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%)