



Jamaica Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 bananas diced peeled
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 cups pecans chopped
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1.5 cups vegetable oil
- ☐ 2 cups sugar white

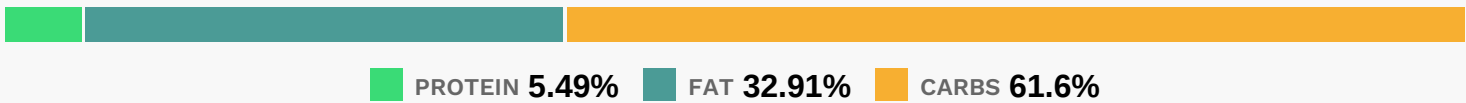
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Mix together sugar, vegetable oil, pecans, flour, and bananas in a 13 x 9 inch pan. Stir in the eggs, pineapple (with juice), vanilla, salt and baking soda.
- ☐ Mix well. Do not mash the bananas.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 60 minutes or until cake tests done.

Nutrition Facts



Properties

Glycemic Index:13.99, Glycemic Load:34.21, Inflammation Score:-4, Nutrition Score:8.8295652348062%

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: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 357.56kcal (17.88%), Fat: 13.47g (20.72%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 54.1g (19.67%), Sugar: 34.49g (38.32%), Cholesterol: 32.74mg (10.91%), Sodium: 241.81mg (10.51%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.06g (10.11%), Manganese: 0.71mg (35.4%), Vitamin B1: 0.32mg (21.01%), Selenium: 12.06µg (17.23%), Folate: 57.32µg (14.33%), Vitamin B2: 0.2mg (11.92%), Copper: 0.23mg (11.4%), Fiber: 2.62g (10.49%), Iron: 1.75mg (9.74%), Vitamin B3: 1.82mg (9.12%), Vitamin K: 8.84µg

(8.42%), Phosphorus: 80.74mg (8.07%), Magnesium: 29.7mg (7.42%), Vitamin B6: 0.14mg (6.75%), Vitamin C: 5.04mg (6.11%), Zinc: 0.85mg (5.65%), Potassium: 187.74mg (5.36%), Vitamin E: 0.64mg (4.27%), Vitamin B5: 0.39mg (3.91%), Calcium: 23.53mg (2.35%), Vitamin A: 82.59IU (1.65%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)