



Lightened Hummingbird Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.8 cups banana mashed (5 to 6)
- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose divided
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups sugar

- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 3 tablespoons vegetable oil

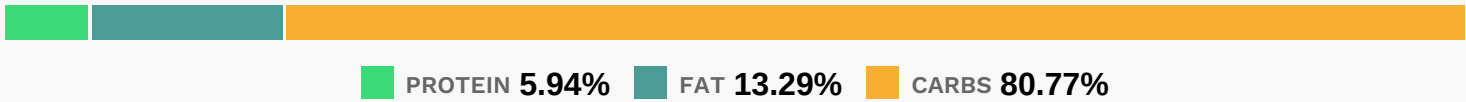
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Coat 3 (9-inch) round cakepans with cooking spray; sprinkle 2 teaspoons flour evenly into pans, shaking to coat.
- ☐ Combine remaining 3 cups flour and next 4 ingredients in a large bowl. Stir together eggs, applesauce, and oil; add to flour mixture, stirring just until dry ingredients are moistened. (Do not beat.) Stir in mashed banana, vanilla extract, and pineapple.
- ☐ Pour batter evenly into prepared pans.
- ☐ Bake at 350 for 23 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool layers in pans on wire racks 10 minutes.
- ☐ Remove layers from pans; cool completely on wire racks.
- ☐ Spread Cream Cheese Frosting between layers and on top and sides of cake.
- ☐ Orginia Hummingbird cake per slice: Calories 476 (45% from fat); Fat 24g (sat. 6); Chol 57mg; Sodium 191mg.

Nutrition Facts



Properties

Glycemic Index:10.24, Glycemic Load:24.75, Inflammation Score:-2, Nutrition Score:4.4969564831775%

Flavonoids

Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 188.81kcal (9.44%), Fat: 2.84g (4.37%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 37.55g (13.65%), Sugar: 22.17g (24.63%), Cholesterol: 18.6mg (6.2%), Sodium: 120.98mg (5.26%), Alcohol: 0.1g (100%), Alcohol %: 0.16% (100%), Protein: 2.85g (5.71%), Selenium: 8.26µg (11.8%), Vitamin B1: 0.17mg (11.23%), Folate: 41.36µg (10.34%), Manganese: 0.2mg (10.15%), Vitamin B2: 0.14mg (8.1%), Vitamin B3: 1.28mg (6.41%), Iron: 1.07mg (5.96%), Fiber: 1.29g (5.14%), Vitamin B6: 0.1mg (4.97%), Vitamin K: 4.06µg (3.87%), Phosphorus: 35.66mg (3.57%), Vitamin C: 2.84mg (3.45%), Potassium: 117.26mg (3.35%), Copper: 0.06mg (3.08%), Magnesium: 12.02mg (3.01%), Vitamin B5: 0.23mg (2.27%), Vitamin E: 0.26mg (1.76%), Zinc: 0.24mg (1.62%)