



Old-Fashioned Banana Cake

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



661 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 bananas very ripe mashed
- ☐ 0.5 pound confectioners' sugar sifted
- ☐ 6 ounces cream cheese at room temperature
- ☐ 2 extra large eggs at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup brown sugar light packed
- ☐ 1 orange zest grated
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 6 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup walnuts coarsely chopped

Equipment

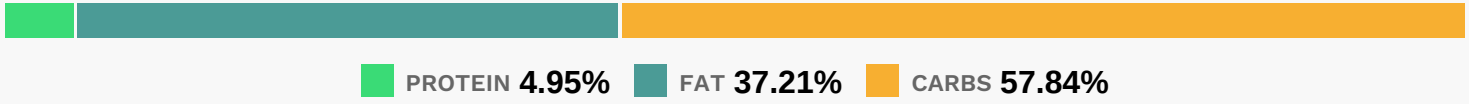
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees. Grease and flour a 9 by 2-inch round cake pan.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, mix the bananas, granulated sugar, and brown sugar on low speed until combined. With the mixer still on low, add the oil, eggs, sour cream, vanilla, and orange zest.
- ☐ Mix until smooth.
- ☐ In a separate bowl, sift together the flour, baking soda, and salt. With the mixer on low, add the dry ingredients and mix just until combined. Stir in the chopped walnuts, if using.
- ☐ Pour the batter into the prepared pan and bake for 45 to 50 minutes, until a toothpick inserted in the center comes out clean. Cool in the pan for 15 minutes, turn out onto a cooling rack, and cool completely.

- ☐
- Spread the frosting thickly on the top of the cake and decorate with walnut halves, if using.
- ☐
- Mix the cream cheese, butter, and vanilla in the bowl of an electric mixer fitted with the paddle attachment on low speed until just combined. Don't whip!
- ☐
- Add the sugar and mix until smooth.

Nutrition Facts



Properties

Glycemic Index:30.86, Glycemic Load:35.66, Inflammation Score:-6, Nutrition Score:11.798260865004%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 660.84kcal (33.04%), Fat: 27.96g (43.01%), Saturated Fat: 12.54g (78.38%), Carbohydrates: 97.78g (32.59%), Net Carbohydrates: 95.14g (34.59%), Sugar: 66.86g (74.29%), Cholesterol: 104.61mg (34.87%), Sodium: 380.31mg (16.54%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 8.37g (16.75%), Manganese: 0.6mg (30.14%), Selenium: 18.62µg (26.6%), Folate: 83.46µg (20.87%), Vitamin B2: 0.35mg (20.53%), Vitamin B1: 0.3mg (19.98%), Vitamin A: 749.18IU (14.98%), Phosphorus: 133.6mg (13.36%), Vitamin B6: 0.27mg (13.29%), Iron: 2.2mg (12.2%), Vitamin B3: 2.3mg (11.5%), Copper: 0.23mg (11.28%), Fiber: 2.64g (10.57%), Magnesium: 37.25mg (9.31%), Potassium: 315.15mg (9%), Vitamin B5: 0.75mg (7.48%), Vitamin C: 6.11mg (7.41%), Calcium: 74.01mg (7.4%), Vitamin K: 6.96µg (6.63%), Vitamin E: 0.97mg (6.46%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.22µg (3.66%), Vitamin D: 0.44µg (2.92%)