



Overnight Banana-Carrot Cake

 Dairy Free

READY IN



52 min.

SERVINGS



20

CALORIES



137 kcal

DESSERT

Ingredients

- ☐ 2 bananas ripe sliced
- ☐ 2 tablespoons canola oil
- ☐ 3 cups cantaloupe divided coarsely chopped
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup water
- ☐ 18 ounce carrot cake mix (such as Betty Crocker)

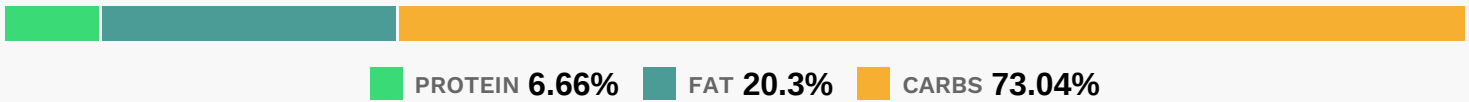
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1 1/2 cups cantaloupe and water in a blender, and process until smooth.
- ☐ Combine pureed cantaloupe, cake mix, eggs, and oil in a large bowl. Beat with a mixer at low speed 30 seconds; beat at medium speed 2 minutes.
- ☐ Pour batter into a 13 x 9–inch baking pan coated with cooking spray. Top batter with remaining 1 1/2 cups cantaloupe, lightly pressing cantaloupe into batter.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool cake completely in pan on a wire rack.
- ☐ Place banana slices on top of cake. Top with Fluffy Cheesecake Frosting, and sprinkle with nutmeg. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:2.5, Inflammation Score:-6, Nutrition Score:4.5756522313408%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.81kcal (6.84%), Fat: 3.15g (4.84%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 24.68g (8.98%), Sugar: 14.1g (15.67%), Cholesterol: 27.9mg (9.3%), Sodium: 195.08mg (8.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Vitamin A: 859.76IU (17.2%), Phosphorus: 107.56mg (10.76%), Selenium: 5.02µg (7.18%), Folate: 27.12µg (6.78%), Calcium: 63.05mg (6.31%), Vitamin B2: 0.1mg (6.16%), Vitamin B1: 0.07mg (4.92%), Manganese: 0.1mg (4.84%), Vitamin C: 3.64mg (4.42%), Vitamin B3: 0.86mg (4.3%), Iron: 0.75mg (4.17%), Vitamin E: 0.57mg (3.8%), Vitamin B6: 0.07mg (3.64%), Fiber: 0.78g (3.14%), Potassium: 106.18mg (3.03%), Copper: 0.06mg (2.84%), Vitamin B5: 0.25mg (2.55%), Magnesium: 10.12mg (2.53%), Vitamin K: 2.42µg (2.3%), Zinc: 0.34mg (2.26%), Vitamin B12: 0.07µg (1.11%)