



## Pineapple-Banana Coffee Cake



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



9

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 12.3 oz betty delights super carrot cake mix quick
- ☐ 0.8 cup water
- ☐ 3 tablespoons vegetable oil
- ☐ 2 eggs
- ☐ 8 oz pineapple crushed drained canned
- ☐ 0.3 cup coconut or shredded flaked
- ☐ 1 cup powdered sugar
- ☐ 0.3 cup pineapple crushed drained

- ☐ 1 tablespoon pineapple crushed
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons coconut or shredded flaked

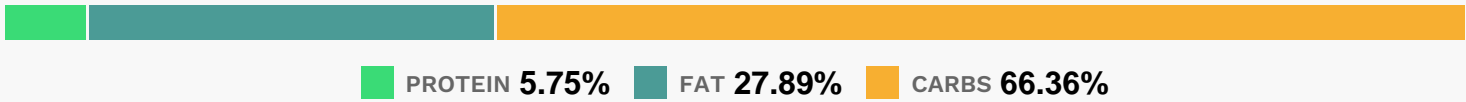
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

## Directions

- ☐ Heat oven to 350°F. Grease bottom only of 8- or 9-inch square pan. In medium bowl, stir quick bread mix, water, oil and eggs until well blended (batter may be slightly lumpy). Gently stir in 1/3 cup of the pineapple and 1/4 cup coconut.
- ☐ Spread in pan.
- ☐ Bake 8-inch pan 35 to 40 minutes, 9-inch pan 25 to 30 minutes, or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- ☐ In small bowl, mix all glaze ingredients until smooth and spreadable.
- ☐ Spread glaze over coffee cake.
- ☐ Sprinkle with 2 tablespoons coconut.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:4.1026087066402%

## Nutrients (% of daily need)

Calories: 301.22kcal (15.06%), Fat: 9.25g (14.23%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 47.42g (17.24%), Sugar: 34.65g (38.51%), Cholesterol: 36.37mg (12.12%), Sodium: 203.61mg (8.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin A: 1171.25IU (23.42%), Fiber:

2.12g (8.47%), Vitamin K: 8.61µg (8.2%), Iron: 1.33mg (7.39%), Vitamin C: 4.88mg (5.92%), Selenium: 3.55µg (5.07%), Calcium: 39.6mg (3.96%), Vitamin E: 0.54mg (3.58%), Vitamin B2: 0.06mg (3.26%), Copper: 0.06mg (3.07%), Vitamin B1: 0.04mg (2.69%), Manganese: 0.05mg (2.66%), Phosphorus: 25.82mg (2.58%), Vitamin B6: 0.04mg (2.18%), Potassium: 67.71mg (1.93%), Magnesium: 7.5mg (1.87%), Folate: 7.15µg (1.79%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.09µg (1.48%), Zinc: 0.2mg (1.33%), Vitamin D: 0.2µg (1.3%)