



## Rum-Glazed Banana Cake

READY IN



45 min.

SERVINGS



16

CALORIES



282 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup banana ripe mashed
- 1.8 cups brown sugar packed
- 2 tablespoons rum or dark
- 0.8 cup egg substitute
- 2.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup vanilla yogurt low-fat

- 0.7 cup butter softened
- 1 tablespoon butter melted
- 0.8 cup powdered sugar sifted
- 1 tablespoon vanilla extract

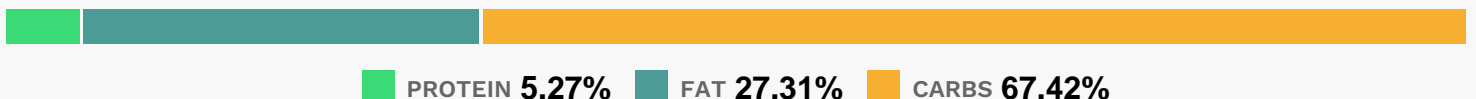
## Equipment

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

## Directions

- Beat brown sugar and 2/3 cup margarine at medium speed of a mixer until light and fluffy.
- Add egg substitute, beating until well-blended.
- Combine banana, yogurt, vanilla, and cinnamon in a bowl; set aside.
- Combine flour, baking powder, and baking soda. With mixer running at low speed, add flour mixture to sugar mixture alternately with banana mixture, beginning and ending with flour mixture.
- Pour batter into a 10-inch tube pan coated with cooking spray.
- Bake at 375 for 1 hour or until a wooden pick inserted in center comes out clean.
- Let cool in pan 10 minutes; remove from pan.
- Let cool completely on a wire rack.
- Combine powdered sugar, rum, and melted margarine; stir until smooth.
- Drizzle over cake.
- Note: When using rum extract add 2 tablespoons skim milk to glaze.

## Nutrition Facts



## Properties

Glycemic Index:14.17, Glycemic Load:11.95, Inflammation Score:-4, Nutrition Score:5.418260793971%

## Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 281.87kcal (14.09%), Fat: 8.64g (13.29%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 47.14g (17.14%), Sugar: 31.43g (34.92%), Cholesterol: 0.38mg (0.13%), Sodium: 253.7mg (11.03%), Alcohol: 0.28g (100%), Alcohol %: 0.39% (100%), Protein: 3.75g (7.5%), Selenium: 12.06µg (17.23%), Vitamin B1: 0.17mg (11.61%), Folate: 40.61µg (10.15%), Manganese: 0.2mg (9.94%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 404.6IU (8.09%), Calcium: 78.55mg (7.86%), Iron: 1.4mg (7.77%), Vitamin B3: 1.27mg (6.37%), Phosphorus: 56.02mg (5.6%), Vitamin B5: 0.39mg (3.87%), Potassium: 133.49mg (3.81%), Vitamin B6: 0.07mg (3.63%), Vitamin E: 0.52mg (3.5%), Fiber: 0.84g (3.35%), Magnesium: 12.52mg (3.13%), Copper: 0.05mg (2.58%), Zinc: 0.34mg (2.24%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.18µg (1.2%), Vitamin C: 0.96mg (1.16%)