



Simple Banana Coffee Cake

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 2 bananas ripe mashed
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar white

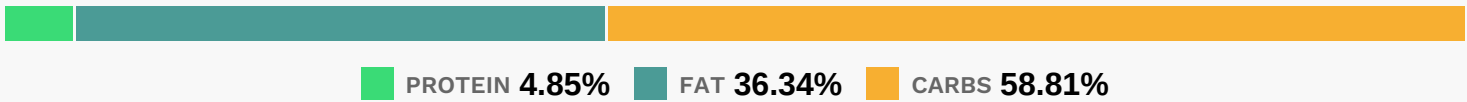
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch square baking dish.
- ☐ Beat butter and sugar with an electric mixer in a large bowl until light and fluffy; beat in eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Stir bananas into butter mixture.
- ☐ Sift flour, baking soda, and salt together in another bowl. Stir flour mixture into banana mixture until batter is evenly blended.
- ☐ Pour batter into prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:24.98, Glycemic Load:31.5, Inflammation Score:-5, Nutrition Score:5.6726087325293%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 311.34kcal (15.57%), Fat: 12.84g (19.75%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 45.44g (16.52%), Sugar: 28.64g (31.82%), Cholesterol: 40.92mg (13.64%), Sodium: 398.29mg (17.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Selenium: 10.44µg (14.92%), Folate: 46.95µg (11.74%), Vitamin A: 585.77IU (11.72%), Vitamin B1: 0.17mg (11.22%), Manganese: 0.22mg (10.87%), Vitamin B2: 0.18mg (10.49%), Vitamin B6: 0.14mg (6.84%), Vitamin B3: 1.36mg (6.8%), Iron: 1.19mg (6.61%), Phosphorus:

52.63mg (5.26%), Fiber: 1.29g (5.18%), Potassium: 148.18mg (4.23%), Vitamin E: 0.6mg (3.98%), Vitamin B5: 0.36mg (3.65%), Magnesium: 14.01mg (3.5%), Vitamin C: 2.59mg (3.15%), Copper: 0.06mg (3.05%), Zinc: 0.33mg (2.17%), Vitamin B12: 0.11µg (1.87%), Calcium: 15.16mg (1.52%), Vitamin D: 0.22µg (1.47%)