

# Sour Cream Banana Coffee Cake

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup banana ripe mashed
- 0.3 cup butter softened
- 1 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon salt

- 0.3 cup cream sour
- 8 tablespoons sugar divided
- 0.3 teaspoon vanilla extract
- 0.3 cup walnut pieces chopped

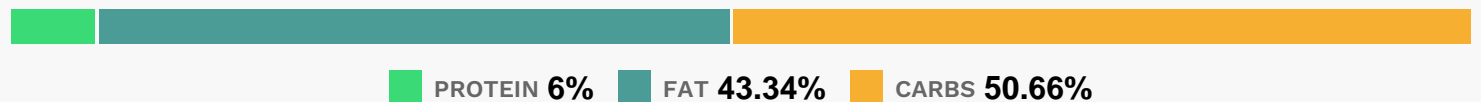
## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- In a small bowl, cream butter and 6 tablespoons sugar. Beat in egg and vanilla. Stir in banana and sour cream.
- Combine the flour, baking powder, baking soda and salt; gradually add to creamed mixture.
- Combine the walnuts, cinnamon and remaining sugar.
- Spoon half of batter into a greased 6-cup fluted tube pan.
- Sprinkle with nut mixture; top with remaining batter.
- Bake at 350° for 32–38 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:22.93, Glycemic Load:9.08, Inflammation Score:-1, Nutrition Score:2.2686956226826%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg

## **Nutrients (% of daily need)**

Calories: 104.47kcal (5.22%), Fat: 5.14g (7.91%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 13.04g (4.74%), Sugar: 6.77g (7.52%), Cholesterol: 19.98mg (6.66%), Sodium: 93.75mg (4.08%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.6g (3.2%), Manganese: 0.14mg (6.77%), Selenium: 3.84µg (5.48%), Vitamin B1: 0.07mg (4.74%), Folate: 18.64µg (4.66%), Vitamin B2: 0.07mg (3.87%), Iron: 0.5mg (2.77%), Phosphorus: 27.58mg (2.76%), Vitamin B3: 0.52mg (2.6%), Vitamin A: 129.33IU (2.59%), Copper: 0.05mg (2.36%), Fiber: 0.47g (1.89%), Vitamin B6: 0.04mg (1.84%), Calcium: 16.95mg (1.7%), Magnesium: 6.69mg (1.67%), Potassium: 42.72mg (1.22%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.17mg (1.13%)