



Sticky banana & maple cake

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



483 kcal

DESSERT

Ingredients

- ☐ 100 g butter softened for the tin
- ☐ 8 tbsp maple syrup
- ☐ 3 small bananas and 1 over-ripe banana ripe
- ☐ 200 g muscovado sugar light
- ☐ 4 eggs
- ☐ 2 tsp seeds scraped from 2 vanilla pods
- ☐ 200 g self-raising flour
- ☐ 100 g ground almonds

- ☐ 1 tsp bicarbonate of soda
- ☐ 200 g pot greek yogurt

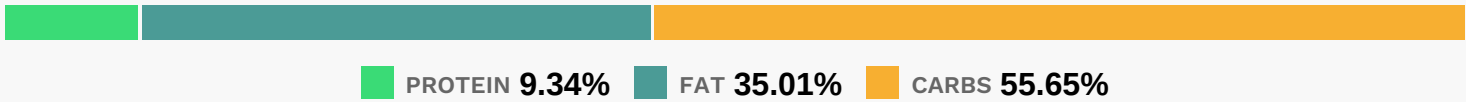
Equipment

- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas 3, butter a 20cm square cake tin and line the base with baking parchment.
- ☐ Pour in half the syrup, swirling to coat the bottom. Halve the 3 ripe bananas lengthways and lay, cut-side down, in the tin.
- ☐ Beat together the butter, sugar, eggs, vanilla paste and over-ripe banana with an electric whisk. Fold in the flour, ground almonds and bicarb of soda, then stir in the yogurt. Carefully spoon into the tin without dislodging the bananas.
- ☐ Bake for 45 mins–1 hr until a skewer poked in comes out with only moist crumbs. Poke all over with the skewer, about halfway into the cake, then pour over the remaining maple syrup.
- ☐ Let it soak in for a few mins, then carefully turn out of the tin upside-down, drizzling the banana-studded top with more syrup. Slice and serve warm.

Nutrition Facts



Properties

Glycemic Index:26.03, Glycemic Load:20.86, Inflammation Score:-4, Nutrition Score:9.7817391364471%

Flavonoids

Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 482.81kcal (24.14%), Fat: 19.23g (29.59%), Saturated Fat: 7.68g (48.01%), Carbohydrates: 68.8g (22.93%), Net Carbohydrates: 65.89g (23.96%), Sugar: 42.28g (46.97%), Cholesterol: 109.96mg (36.65%), Sodium: 287.61mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Manganese: 0.78mg (39.23%), Selenium: 19.96µg (28.51%), Vitamin B2: 0.47mg (27.75%), Calcium: 117.51mg (11.75%), Fiber: 2.91g (11.64%), Phosphorus: 114.14mg (11.41%), Vitamin B6: 0.21mg (10.61%), Vitamin A: 456.92IU (9.14%), Potassium: 307.45mg (8.78%), Iron: 1.4mg (7.78%), Magnesium: 28.57mg (7.14%), Folate: 28.54µg (7.14%), Vitamin B5: 0.7mg (7.03%), Vitamin B12: 0.39µg (6.53%), Zinc: 0.84mg (5.63%), Copper: 0.11mg (5.34%), Vitamin E: 0.66mg (4.41%), Vitamin C: 3.3mg (3.99%), Vitamin B1: 0.06mg (3.99%), Vitamin B3: 0.62mg (3.1%), Vitamin D: 0.44µg (2.93%), Vitamin K: 1.21µg (1.15%)