



Streusel-Topped Banana-Chocolate Snack Cake

READY IN



120 min.

SERVINGS



12

CALORIES



156 kcal

DESSERT

Ingredients

- 0.5 cup flour whole wheat
- 0.5 cup brown sugar packed
- 1 cup banana ripe mashed
- 0.5 cup milk
- 1 teaspoon vanilla
- 0.5 cup semi chocolate chips
- 0.3 cup brown sugar packed
- 0.3 cup flour whole wheat

- 0.3 teaspoon ground cinnamon
- 2 tablespoons butter cold
- 1.5 cups frangelico

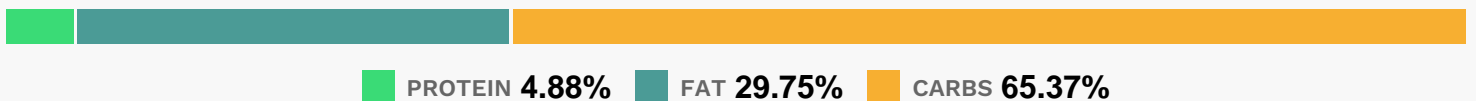
Equipment

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

Directions

- Heat oven to 425°F. Grease bottom and sides of 9-inch square pan with shortening or cooking spray.
- In large bowl, stir Bisquick mix, 1/2 cup flour, 1/2 cup brown sugar, the bananas, milk and vanilla. Gently fold in chocolate chips.
- Pour into pan.
- In medium bowl, mix 1/4 cup brown sugar, 1/4 cup flour and the cinnamon.
- Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly.
- Sprinkle topping evenly over batter in pan.
- Bake 17 to 20 minutes or until toothpick inserted in center comes out clean. Cool on cooling rack.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:4.2447826499524%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg 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: 156.24kcal (7.81%), Fat: 5.31g (8.16%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 24.49g (8.91%), Sugar: 18.18g (20.2%), Cholesterol: 1.67mg (0.56%), Sodium: 30.78mg (1.34%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.96g (3.92%), Manganese: 0.46mg (22.77%), Selenium: 5.75µg (8.21%), Magnesium: 29.44mg (7.36%), Copper: 0.14mg (7.05%), Fiber: 1.75g (7%), Phosphorus: 60.43mg (6.04%), Iron: 0.88mg (4.88%), Vitamin B6: 0.09mg (4.56%), Potassium: 149.69mg (4.28%), Vitamin B1: 0.05mg (3.33%), Calcium: 32.9mg (3.29%), Zinc: 0.46mg (3.06%), Vitamin B3: 0.55mg (2.73%), Vitamin B2: 0.04mg (2.38%), Vitamin A: 112.48IU (2.25%), Vitamin B5: 0.17mg (1.68%), Folate: 5.96µg (1.49%), Vitamin C: 1.09mg (1.33%), Vitamin E: 0.19mg (1.26%), Vitamin B12: 0.07µg (1.18%)