



Surprise Banana Cake

 Vegetarian

READY IN

ready

60 min.

SERVINGS

servings

15

CALORIES

calories

229 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 bananas ripe mashed
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

☐ 1 cup sugar white

Equipment

☐ frying pan

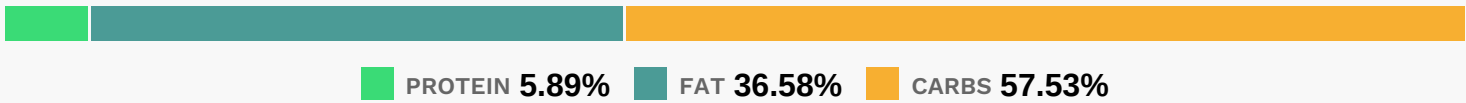
☐ oven

☐ cake form

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour one 9 x 13 inch cake pan.
- ☐ Cream together the butter or margarine and the sugar.
- ☐ Add eggs, bananas, flour, soda, salt, nuts, and vanilla.
- ☐ Mix thoroughly and pour batter into the prepared pan.
- ☐ Bake at 375 degrees F (190 degrees C) for 30 minutes. Cool and frost cake.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:22.05, Inflammation Score:-3, Nutrition Score:5.4343478187271%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg 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: 228.92kcal (11.45%), Fat: 9.55g (14.69%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 32.26g (11.73%), Sugar: 17.35g (19.28%), Cholesterol: 38.09mg (12.7%), Sodium: 160.52mg (6.98%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 3.46g (6.92%), Manganese: 0.34mg (16.75%), Selenium: 8.11µg (11.59%), Folate: 43.6µg (10.9%), Vitamin B1: 0.16mg (10.44%), Vitamin B2: 0.14mg (8.43%), Vitamin B6: 0.15mg (7.7%), Vitamin B3: 1.25mg (6.23%), Fiber: 1.53g (6.12%), Iron: 1.08mg (6%), Copper: 0.12mg (5.86%), Phosphorus: 51.86mg (5.19%), Vitamin A: 241.69IU (4.83%), Magnesium: 19.21mg (4.8%), Potassium: 158.27mg (4.52%), Vitamin C: 2.79mg (3.38%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.37mg (2.46%), Vitamin E: 0.31mg (2.04%),

Vitamin D: 0.23µg (1.54%), Calcium: 13.21mg (1.32%), Vitamin B12: 0.07µg (1.08%)