



Thai Steamed Banana Cake

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



643 kcal

DESSERT

Ingredients

- 0.5 tablespoon arrowroot starch
- 1 pound bananas ripe mashed
- 3.5 ounce coconut or flaked
- 2 cups full fat coconut cream
- 0.5 cup coconut milk
- 0.5 cup rice flour
- 0.1 teaspoon salt
- 0.8 cup tapioca flour

0.5 cup sugar white

Equipment

bowl

aluminum foil

Directions

Toss the coconut with 1/4 teaspoon salt in a bowl; set aside.

Sift the rice flour, tapioca flour, and arrowroot starch together in a large bowl; stir the coconut cream into the mixture until the flours are incorporated into the cream, at least 10 minutes. Stir the sugar into the mixture until completely dissolved.

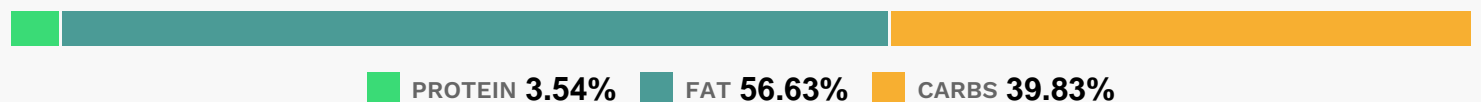
Add the mashed banana and mix well.

Add 1/8 teaspoon salt and coconut milk; again, mix well.

Pour the batter into a square baking tin or individual aluminum foil cups. Top with the reserved coconut.

Bring about 1-1/2 inches of water to boil in a steamer fitted with a large basket. Steam the cake over the boiling water until cooked through, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:62.48, Glycemic Load:28.04, Inflammation Score:-3, Nutrition Score:13.91173909151%

Flavonoids

Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 642.83kcal (32.14%), Fat: 42.93g (66.04%), Saturated Fat: 37.76g (236.02%), Carbohydrates: 67.92g (22.64%), Net Carbohydrates: 61.15g (22.24%), Sugar: 27.09g (30.1%), Cholesterol: 0mg (0%), Sodium: 61.15mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Manganese: 2.01mg (100.49%),

Copper: 0.55mg (27.69%), Fiber: 6.76g (27.06%), Vitamin B6: 0.43mg (21.4%), Potassium: 675.42mg (19.3%), Iron: 3.43mg (19.05%), Phosphorus: 181.43mg (18.14%), Magnesium: 71.05mg (17.76%), Vitamin C: 9.25mg (11.22%), Folate: 38.22µg (9.56%), Zinc: 1.43mg (9.52%), Vitamin B3: 1.78mg (8.9%), Selenium: 5.93µg (8.47%), Vitamin B5: 0.73mg (7.32%), Vitamin B1: 0.08mg (5.33%), Vitamin B2: 0.08mg (4.57%), Calcium: 22.07mg (2.21%), Vitamin E: 0.16mg (1.09%)