



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

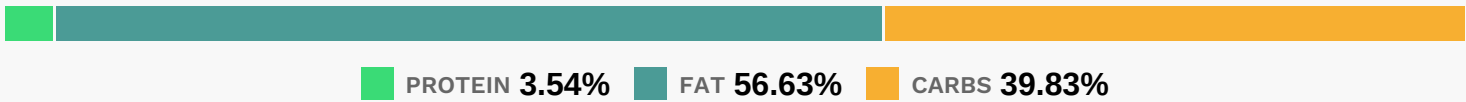
Equipment

- ☐ 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%)