



Vegan Chocolate Banana Cake



Vegetarian



Vegan



Dairy Free



Popular

READY IN



15 min.

SERVINGS



12

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon baking soda
- ☐ 1 cup bananas pureed mashed
- ☐ 0.3 cup canola oil
- ☐ 0.7 cup cocoa powder
- ☐ 1.3 cup granulated sugar (See My Notes #2)
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water hot
- ☐ 2 cups pastry flour whole wheat

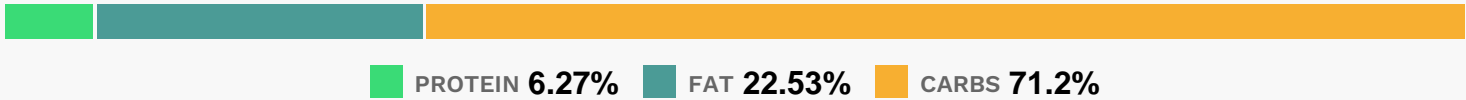
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat the oven at 350F/180C for 15 minutes. Spray a bundt pan with non stick cooking spray.In a large bowl mix together the dry ingredients and keep it aside.I pureed 2 small size bananas with little water to measure 1 cup of puree.To the flour mixture add the canola oil, hot water and vanilla extract; mix well.Now add the pureed bananas and blend thoroughly.The cake batter is quite “water-y”.
- ☐ Pour the batter in the prepared pan and bake for approximately from 45–60 minutes or until a toothpick inserted comes out clean. The original recipe mentions 55–60 minutes, but mine was done after 45 minutes itself.At this stage I did see some cracks on the cake. Move the bundt pan to a cooling rack and let it cool for 10–20 minutes.
- ☐ Place a baking sheet on the pan and slowly invert the pan holding the sides of the sheet to remove the cake from the pan. Then carefully transfer the cake to the wiring rack and let it cool completely before you frost. I didn’t frost mine.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:16.9, Inflammation Score:-3, Nutrition Score:8.1165217971024%

Flavonoids

Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 217.79kcal (10.89%), Fat: 5.93g (9.13%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 37.95g (13.8%), Sugar: 23.91g (26.57%), Cholesterol: 0mg (0%), Sodium: 140.06mg (6.09%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Caffeine: 10.99mg (3.66%), Protein: 3.71g (7.43%), Manganese: 1.03mg (51.61%), Selenium: 13.3µg (19%), Fiber: 4.23g (16.93%), Copper: 0.28mg (13.97%), Magnesium: 54.95mg (13.74%), Phosphorus: 109.24mg (10.92%), Iron: 1.43mg (7.93%), Vitamin B1: 0.11mg (7.2%), Vitamin B6: 0.13mg (6.65%), Vitamin E: 0.98mg (6.51%), Vitamin B3: 1.18mg (5.9%), Zinc: 0.87mg (5.8%), Potassium: 190.91mg (5.45%), Vitamin K: 3.89µg (3.7%), Vitamin B2: 0.06mg (3.42%), Folate: 12.83µg (3.21%), Vitamin B5: 0.17mg (1.75%), Calcium: 14.69mg (1.47%), Vitamin C: 1.09mg (1.32%)