



Wonderful Banana Cake

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 bananas very ripe mashed
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

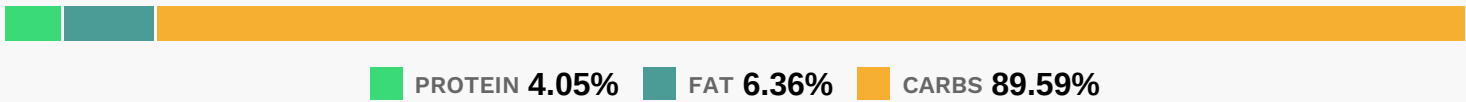
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare yellow cake mix according to package directions.
- ☐ Mash the bananas with the baking soda and stir into the cake mix batter.
- ☐ Pour batter into one greased and floured 9x13 inch baking pan.
- ☐ Do not preheat oven.
- ☐ Place uncooked cake in oven and turn oven on to 350 degrees F (175 degrees C).
- ☐ Bake for 1 hour.
- ☐ Let cake cool thoroughly and then refrigerate.

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:3.1956521693779%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.93kcal (7.05%), Fat: 1.01g (1.56%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 31.19g (11.34%), Sugar: 16.85g (18.72%), Cholesterol: 0mg (0%), Sodium: 324.22mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Phosphorus: 110.39mg (11.04%), Calcium: 73.56mg (7.36%), Folate: 26.6µg (6.65%), Vitamin B1: 0.08mg (5.64%), Manganese: 0.11mg (5.42%), Vitamin B2: 0.09mg (5.36%), Vitamin B3: 0.9mg (4.52%), Vitamin B6: 0.08mg (4.22%), Iron: 0.76mg (4.21%), Fiber: 0.82g (3.29%), Vitamin E: 0.33mg (2.22%), Potassium: 72.54mg (2.07%), Magnesium: 7.7mg (1.92%), Copper: 0.04mg (1.86%), Vitamin B5: 0.18mg (1.78%), Selenium: 1.19µg (1.7%), Vitamin C: 1.37mg (1.66%), Vitamin K: 1.08µg (1.03%)