

Banana Cake

Mrs. Rolfe H. McCollister

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1 cup (three medium) ripe bananas
3/4 cup oil
1/2 cup sugar
1 box (18-1/2 ounce) yellow cake mix
5 eggs
1 teaspoon vanilla
3 tablespoons brown sugar
1/2 cup chopped pecans
1 teaspoon cinnamon

Preheat the oven to 350 degrees.

Place the bananas and oil in a blender. Liquefy.

In a bowl, add the bananas and sugar to the cake mix. Beat thoroughly with an electric mixer. Add the eggs, one at a time, beating well after each addition. Add the vanilla.

In a bowl, combine the brown sugar, pecans and cinnamon.

Pour half of the batter into a greased and floured bundt pan. Sprinkle the sugar, pecan and cinnamon mixture over the batter. Pour the remaining batter into the pan.

Bake for about one hour.

Per Serving (excluding unknown items): 4955 Calories; 289g Fat (51.8% calories from fat); 59g Protein; 546g Carbohydrate; 11g Dietary Fiber; 1070mg Cholesterol; 3762mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 55 Fat; 35 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4955	Vitamin B6 (mg):	.9mg
% Calories from Fat:	51.8%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	43.5%	Thiamin B1 (mg):	1.7mg
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	289g	Folacin (mcg):	486mcg
Saturated Fat (g):	39g	Niacin (mg):	10mg

Monounsaturated Fat (g): 156g
Polyunsaturated Fat (g): 71g
Cholesterol (mg): 1070mg
Carbohydrate (g): 546g
Dietary Fiber (g): 11g
Protein (g): 59g
Sodium (mg): 3762mg
Potassium (mg): 1100mg
Calcium (mg): 902mg
Iron (mg): 15mg
Zinc (mg): 8mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 1307IU
Vitamin A (r.e.): 359RE

Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 4 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 55
Other Carbohydrates: 35 1/2

Nutrition Facts

Amount Per Serving

Calories 4955 **Calories from Fat:** 2565

% Daily Values*

Total Fat 289g	444%
Saturated Fat 39g	195%
Cholesterol 1070mg	357%
Sodium 3762mg	157%
Total Carbohydrates 546g	182%
Dietary Fiber 11g	46%
Protein 59g	
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Vitamin A	26%
Vitamin C	5%
Calcium	90%
Iron	84%

* Percent Daily Values are based on a 2000 calorie diet.