

Layered Banana Cake

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1 1/2 sticks unsalted butter, softened
3 cups all-purpose flour (spoon and sweep method)
2 cups extra fine granulated sugar
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
2/3 cup buttermilk, room temperature
2 cups (about 3-4) very ripe bananas, mashed
3 large eggs
2 teaspoons vanilla extract
walnuts or pecans (for decoration, if desired)
coconut (for decoration, if desired)

Preparation Time: 40 minutes

Bake: 40 minutes

Preheat the oven to 350 degrees.

Butter and flour three eight- or nine-inch pans or use baking spray. Set aside.

Cream the butter until light and fluffy.

Sift together the flour, sugar, baking powder, baking soda, and salt. Add to the creamed butter. Blend well.

Add half of the buttermilk and all of the mashed bananas; mix until smooth. Scrape and add the remaining buttermilk, eggs and vanilla. Combine well.

Evenly divide the batter into the prepared pans. Place in the oven and bake until the center of the cake bounces back when lightly pressed with a finger or a toothpick comes out clean, about 25 to 30 minutes. Let sit in the pan for 15 minutes before removing.

Turn the cakes out of the pans. Let cool. Freeze well wrapped or frost the layers immediately.

Frost with a cream cheese frosting. Decorate with pecans and coconut, if desired.

Per Serving (excluding unknown items): 2901 Calories; 158g Fat (49.4% calories from fat); 64g Protein; 299g Carbohydrate; 10g Dietary Fiber; 1014mg Cholesterol; 5157mg Sodium. Exchanges: 19 Grain(Starch); 2 1/2 Lean Meat; 1/2 Non-Fat Milk; 29 Fat; 0 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2901	Vitamin B6 (mg):	.4mg
% Calories from Fat:	49.4%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	41.6%	Thiamin B1 (mg):	3.1mg
% Calories from Protein:	9.0%	Riboflavin B2 (mg):	2.8mg
Total Fat (g):	158g	Folacin (mcg):	662mcg
Saturated Fat (g):	92g	Niacin (mg):	22mg
Monounsaturated Fat (g):	46g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	25
Cholesterol (mg):	1014mg	% Refuse:	0.0%
Carbohydrate (g):	299g		
Dietary Fiber (g):	10g		
Protein (g):	64g		
Sodium (mg):	5157mg		
Potassium (mg):	892mg		
Calcium (mg):	782mg		
Iron (mg):	21mg		
Zinc (mg):	5mg		
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	5987IU		
Vitamin A (r.e.):	1505 1/2RE		

Food Exchanges

Grain (Starch):	19
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	29
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 2901 **Calories from Fat:** 1434

% Daily Values*

Total Fat 158g	243%
Saturated Fat 92g	460%
Cholesterol 1014mg	338%
Sodium 5157mg	215%
Total Carbohydrates 299g	100%
Dietary Fiber 10g	40%
Protein 64g	
Vitamin A	120%
Vitamin C	3%
Calcium	78%
Iron	118%

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