

Banana Black Walnut Cake

Serena Ball

Relish Magazine - November 2013

Servings: 12

CAKE

2 cups all-purpose flour
1 1/4 teaspoons baking soda
1 teaspoon coarse salt
1 cup (2 sticks) unsalted butter, room temperature
1 1/2 cups sugar
2 eggs
1 ripe banana, mashed
1 teaspoon vanilla extract
1 1/3 cups buttermilk
2/3 cup black walnuts, finely chopped

CHOCOLATE GLAZE

1 1/2 cups powdered sugar
8 tablespoons unsweetened cocoa powder
3 tablespoons milk or water
2 teaspoons vanilla extract

Preheat the oven to 350 degrees.

Generously butter and flour a ten-inch tube pan or Bundt pan.

To prepare the cake: In a medium bowl, combine the flour, baking soda and salt.

Combine the butter and sugar. Beat with an electric mixer for about 4 minutes. Add the eggs one at a time, beating well after each addition. Beat in the banana and vanilla. Add the flour mixture and buttermilk alternately, beginning and ending with the flour mixture and mixing until just combined. Fold in the walnuts. Pour the batter into the prepared pan and smooth the top.

Bake for 45 to 50 minutes. Let cool in the pan on a wire rack for 10 minutes. Remove from the pan. Let cool completely.

To prepare the glaze: Whisk together the powdered sugar and cocoa powder. Slowly stir in the milk and vanilla. Whisk until smooth. Add a bit more milk to thin the glaze, if needed. Spread over the cake.

Per Serving (excluding unknown items): 375 Calories; 13g Fat (31.0% calories from fat); 7g Protein; 60g Carbohydrate; 2g Dietary Fiber; 57mg Cholesterol; 331mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	375	Vitamin B6 (mg):	.1mg
% Calories from Fat:	31.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	62.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	13g	Folacin (mcg):	43mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	8mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	3
Cholesterol (mg):	57mg	% Refuse:	n n%
Carbohydrate (g):	60g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1
Protein (g):	7g	Lean Meat:	1/2
Sodium (mg):	331mg	Vegetable:	0
Potassium (mg):	168mg	Fruit:	0
Calcium (mg):	51mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	2 1/2
Vitamin C (mg):	trace		
Vitamin A (i.u.):	360IU		
Vitamin A (r.e.):	87RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 375 **Calories from Fat:** 116

% Daily Values*

Total Fat 13g	21%
Saturated Fat 6g	29%
Cholesterol 57mg	19%
Sodium 331mg	14%
Total Carbohydrates 60g	20%
Dietary Fiber 2g	8%
Protein 7g	
Vitamin A	7%
Vitamin C	1%
Calcium	5%
Iron	10%

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