

Pop's Favorite Banana Cake

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Lacare Art League - Hammond, IN (1986)

*2 cups flour
2 teaspoons baking soda
1/2 teaspoon salt
1/2 teaspoon nutmeg
1/2 cup shortening
1 cup sugar
2 eggs
1 teaspoon vanilla
1 cup ripe bananas, mashed
1/2 cup nuts, mixed with one
teaspoon of flour*

Preheat the oven to 350 degrees.

Sift together flour, baking soda, salt and nutmeg.

Cream the shortening and sugar.

Blend in the vanilla and eggs (one at a time).

Add the flour.

Place the mixture in a 9x13-inch pan.

Bake for 45 to 50 minutes.

Per Serving (excluding unknown items): 3195 Calories; 155g Fat (43.2% calories from fat); 50g Protein; 408g Carbohydrate; 15g Dietary Fiber; 424mg Cholesterol; 3738mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 28 1/2 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3195
% Calories from Fat:	43.2%
% Calories from Carbohydrates:	50.5%
% Calories from Protein:	6.2%
Total Fat (g):	155g
Saturated Fat (g):	36g
Monounsaturated Fat (g):	72g
Polyunsaturated Fat (g):	39g
Cholesterol (mg):	424mg
Carbohydrate (g):	408g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	2.4mg
Riboflavin B2 (mg):	1.9mg
Folacin (mcg):	173mcg
Niacin (mg):	18mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 15g
Protein (g): 50g
Sodium (mg): 3738mg
Potassium (mg): 822mg
Calcium (mg): 177mg
Iron (mg): 16mg
Zinc (mg): 7mg
Vitamin C (mg): trace
Vitamin A (i.u.): 503IU
Vitamin A (r.e.): 141 1/2RE

Grain (Starch): 13 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 28 1/2
Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 3195 **Calories from Fat:** 1381

% Daily Values*

Total Fat	155g	239%
Saturated Fat	36g	178%
Cholesterol	424mg	141%
Sodium	3738mg	156%
Total Carbohydrates	408g	136%
Dietary Fiber	15g	58%
Protein	50g	
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Vitamin A		10%
Vitamin C		1%
Calcium		18%
Iron		88%

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