



Banana Boston Cream Dessert

 Gluten Free

READY IN



175 min.

SERVINGS



8

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 package vanilla pudding instant (4-serving size)
- 1.3 cups milk
- 1 cup cool whip frozen thawed
- 0.5 cup sugar
- 0.3 cup milk
- 2 tablespoons cocoa powder unsweetened
- 2 tablespoons butter melted
- 0.5 teaspoon vanilla

- 2 eggs
- 2 medium banana
- 0.3 cup topping
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks
- cake form

Directions

- In medium bowl, beat pudding mix (dry) and milk with wire whisk or electric mixer on low speed about 2 minutes or until well blended. Fold in whipped topping. Cover and refrigerate 1 hour.
- Heat oven to 350°F. Grease and flour 9-inch round cake pan. In large bowl, beat all dessert ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 4 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake about 30 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely, about 1 hour.
- Serve cake topped with pudding and bananas; drizzle with chocolate topping. Store in refrigerator.

Nutrition Facts



PROTEIN 6.96% **FAT 25.66%** **CARBS 67.38%**

Properties

Glycemic Index:25.11, Glycemic Load:12.85, Inflammation Score:-3, Nutrition Score:5.651739164539%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 240.52kcal (12.03%), Fat: 7.08g (10.89%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 40.23g (14.63%), Sugar: 32.82g (36.46%), Cholesterol: 48.31mg (16.1%), Sodium: 183.5mg (7.98%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.54mg (1.18%), Protein: 4.32g (8.64%), Vitamin B2: 0.21mg (12.56%), Phosphorus: 102.87mg (10.29%), Vitamin B6: 0.17mg (8.59%), Calcium: 85.22mg (8.52%), Manganese: 0.17mg (8.5%), Vitamin B12: 0.51µg (8.44%), Selenium: 5.45µg (7.79%), Potassium: 253.82mg (7.25%), Magnesium: 26.76mg (6.69%), Fiber: 1.61g (6.42%), Vitamin A: 298.3IU (5.97%), Copper: 0.12mg (5.86%), Vitamin D: 0.75µg (5.01%), Vitamin B5: 0.46mg (4.65%), Vitamin B1: 0.06mg (3.94%), Zinc: 0.58mg (3.87%), Vitamin E: 0.54mg (3.58%), Folate: 13.48µg (3.37%), Iron: 0.59mg (3.25%), Vitamin C: 2.59mg (3.14%), Vitamin B3: 0.34mg (1.71%)