



Banana Flips

READY IN



60 min.

SERVINGS



15

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons banana extract
- ☐ 0.8 cup butter
- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3.5 ounce jello banana pudding mix instant
- ☐ 0.8 cup milk
- ☐ 0.8 cup shortening
- ☐ 1.5 cups sugar white
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

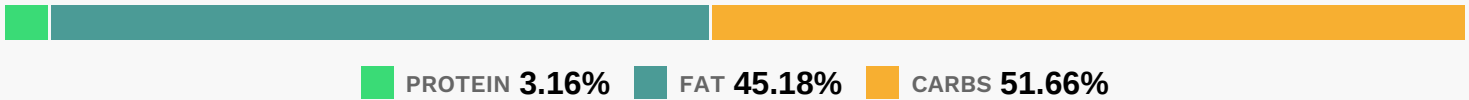
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 – 9x13 inch pans.
- ☐ In a large bowl, stir together the cake mix and instant pudding. Beat in the eggs and 1 1/2 cup of milk. Divide the batter evenly between the two pans.
- ☐ Bake in preheated oven for 15 to 17 minutes, or until a wooden toothpick inserted into the cake comes out clean. While the cake is baking, make the filling.
- ☐ Stir together the sugar and flour. In a medium bowl, cream together the butter, shortening and sugar mixture. Beat in the milk and banana extract until smooth.
- ☐ When the cake is cooled, invert onto a serving tray.
- ☐ Spread filling over the top and cover with remaining layer of cake. Keep chilled until 1/2 hour before serving.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:15.33, Inflammation Score:-3, Nutrition Score:5.4204347548277%

Nutrients (% of daily need)

Calories: 431.88kcal (21.59%), Fat: 22.04g (33.91%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 56.26g (20.46%), Sugar: 40.6g (45.11%), Cholesterol: 69.51mg (23.17%), Sodium: 445.19mg (19.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Phosphorus: 200.64mg (20.06%), Vitamin B2: 0.17mg (9.9%), Calcium: 98.09mg (9.81%), Vitamin E: 1.34mg (8.93%), Selenium: 5.86µg (8.37%), Folate: 33.12µg (8.28%), Vitamin B1: 0.11mg (7.35%), Vitamin A: 366.76IU (7.34%), Vitamin K: 7.33µg (6.98%), Iron: 1.05mg (5.82%), Vitamin B3: 0.95mg (4.74%), Vitamin B5: 0.44mg (4.43%), Manganese: 0.09mg (4.27%), Vitamin B12: 0.22µg (3.75%), Vitamin B6: 0.06mg (2.77%), Vitamin D: 0.37µg (2.46%), Zinc: 0.32mg (2.16%), Copper: 0.04mg (1.96%), Fiber: 0.47g (1.88%), Magnesium: 7.14mg (1.78%), Potassium: 57.05mg (1.63%)