



Banana Split Bars

READY IN



45 min.

SERVINGS



20

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 3 bananas sliced
- ☐ 0.5 cup butter
- ☐ 20 ounce pineapple crushed drained well canned
- ☐ 16 ounces cream cheese softened
- ☐ 2 cups graham cracker crumbs
- ☐ 4 ounce maraschino cherries halved
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 12 ounce non-dairy whipped topping frozen thawed

☐ 1 cup sugar white

Equipment

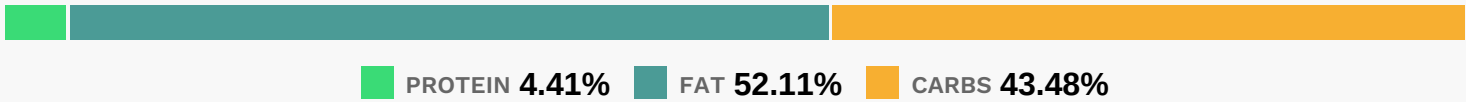
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt the butter or margarine over low heat.
- ☐ Remove from heat and add 1/2 cup sugar and graham cracker crumbs. Press into a 9 x 13 inch pan.
- ☐ Bake for 15 minutes; let cool.
- ☐ Cream together the cream cheese, 1 cup of white sugar and vanilla.
- ☐ Spread over graham cracker crust.
- ☐ Layer sliced bananas, drained pineapple and whipped cream dessert topping on top of bars in order given.
- ☐ Sprinkle with chopped nuts, then with cherries. Cover and refrigerate 6 hours or overnight.
- ☐ Cut into squares and enjoy!!

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:13.85, Inflammation Score:-4, Nutrition Score:4.3773912865183%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 294.11kcal (14.71%), Fat: 17.51g (26.94%), Saturated Fat: 9.76g (60.97%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 31.39g (11.42%), Sugar: 25.29g (28.1%), Cholesterol: 35.45mg (11.82%), Sodium: 176.17mg

(7.66%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 3.34g (6.67%), Vitamin A: 487.63IU (9.75%), Manganese: 0.15mg (7.58%), Phosphorus: 71.37mg (7.14%), Vitamin B2: 0.11mg (6.76%), Vitamin B6: 0.13mg (6.35%), Fiber: 1.49g (5.97%), Magnesium: 22.21mg (5.55%), Copper: 0.11mg (5.4%), Calcium: 53.55mg (5.35%), Vitamin C: 4.24mg (5.14%), Potassium: 176.45mg (5.04%), Vitamin B1: 0.07mg (4.83%), Selenium: 2.92µg (4.17%), Folate: 14.41µg (3.6%), Iron: 0.63mg (3.5%), Zinc: 0.46mg (3.06%), Vitamin E: 0.46mg (3.06%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 1.87µg (1.78%), Vitamin B12: 0.09µg (1.56%)