



## Banana Split Bars

 Vegetarian

READY IN



90 min.

SERVINGS



15

CALORIES



287 kcal

DESSERT

### Ingredients

- 0.8 teaspoon baking soda
- 2 bananas very ripe mashed
- 0.3 cup butter melted
- 8 ounce pineapple with juice crushed canned
- 3 cups confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon ground cinnamon

- 0.3 cup maraschino cherries halved
- 4 tablespoons milk
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 1 cup sugar white

## Equipment

- bowl
- frying pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.
- In a large bowl, mix together the flour, sugar, baking soda, salt and cinnamon. Make a well in the center and pour in the crushed pineapple, eggs, oil, bananas and 1 teaspoon vanilla. Stir in the cherries.
- Mix well and pour into prepared pan.
- Bake in the preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Frost cake while still warm.
- To make the frosting: in a medium bowl, combine melted butter, 1 teaspoon vanilla and confectioners' sugar. Beat in milk, one tablespoon at a time, until desired consistency is achieved.

## Nutrition Facts



## Properties

Glycemic Index:19.52, Glycemic Load:20.32, Inflammation Score:-2, Nutrition Score:4.4252173278643%

## Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg 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: 286.64kcal (14.33%), Fat: 5.49g (8.45%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 57.87g (19.29%), Net Carbohydrates: 56.65g (20.6%), Sugar: 42.68g (47.42%), Cholesterol: 30.44mg (10.15%), Sodium: 167.86mg (7.3%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 2.88g (5.77%), Selenium: 8.02µg (11.45%), Vitamin B1: 0.16mg (10.4%), Folate: 37.28µg (9.32%), Manganese: 0.17mg (8.62%), Vitamin B2: 0.14mg (8.12%), Vitamin B3: 1.14mg (5.72%), Iron: 1mg (5.58%), Fiber: 1.22g (4.87%), Vitamin B6: 0.09mg (4.47%), Phosphorus: 39.26mg (3.93%), Vitamin C: 2.79mg (3.38%), Copper: 0.07mg (3.27%), Potassium: 110.18mg (3.15%), Vitamin K: 3.28µg (3.13%), Vitamin A: 152.31IU (3.05%), Magnesium: 11.67mg (2.92%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.3mg (2.02%), Calcium: 18.07mg (1.81%), Zinc: 0.27mg (1.78%), Vitamin B12: 0.08µg (1.34%), Vitamin D: 0.16µg (1.08%)