



Banana Split Cake

READY IN



330 min.

SERVINGS



30

CALORIES



216 kcal

DESSERT

Ingredients

- 6 bananas divided
- 0.3 cup butter melted
- 16 oz philadelphia cream cheese softened
- 1.5 cups graham crackers crushed
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 1 cup planters pecans chopped
- 20 oz pineapple in juice crushed drained canned
- 1 cup sugar divided

2 cups cool whip whipped topping divided thawed

Equipment

frying pan

whisk

blender

Directions

Combine graham crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch pan. Freeze 10 min.

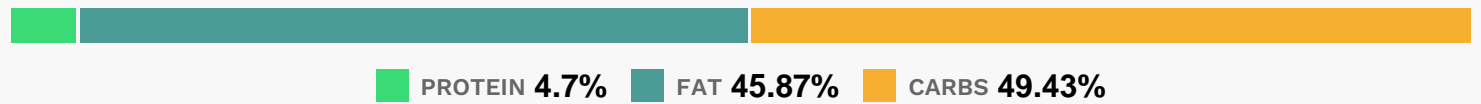
Beat cream cheese and remaining sugar with mixer until blended.

Spread carefully over crust; top with pineapple. Slice 4 bananas; arrange over pineapple.

Beat pudding mixes and milk with whisk 2 min. Stir in 1 cup COOL WHIP; spread over banana layer in pan. Top with remaining COOL WHIP. Refrigerate 5 hours.

Slice remaining bananas just before serving; arrange over dessert. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:10.22, Inflammation Score:-3, Nutrition Score:4.0195651987325%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 216.21kcal (10.81%), Fat: 11.39g (17.53%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 26.27g (9.55%), Sugar: 21.02g (23.36%), Cholesterol: 22.75mg (7.58%), Sodium: 144.43mg

(6.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Manganese: 0.22mg (10.77%), Vitamin B6: 0.13mg (6.58%), Vitamin A: 322.54IU (6.45%), Phosphorus: 61.79mg (6.18%), Vitamin B2: 0.1mg (5.94%), Fiber: 1.37g (5.47%), Potassium: 180.85mg (5.17%), Calcium: 49.29mg (4.93%), Magnesium: 19.57mg (4.89%), Vitamin B1: 0.07mg (4.82%), Vitamin C: 3.87mg (4.69%), Copper: 0.08mg (4.24%), Selenium: 2.29µg (3.27%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.26mg (2.57%), Folate: 10.05µg (2.51%), Iron: 0.41mg (2.3%), Vitamin B3: 0.46mg (2.28%), Vitamin B12: 0.14µg (2.26%), Vitamin E: 0.3mg (1.97%), Vitamin D: 0.18µg (1.19%), Vitamin K: 1.07µg (1.02%)