



Banana Split Cake

READY IN



80 min.

SERVINGS



20

CALORIES



358 kcal

DESSERT

Ingredients

- 2 to 3 bananas sliced
- 3 sticks butter room temperature
- 20 ounce pineapple crushed drained canned
- 2 eggs
- 4 cups graham crackers crushed
- 16 ounce powdered sugar
- 12 ounce non-dairy whipped topping

Equipment

frying pan

oven

Directions

Preheat oven to 350 degrees F.

For crust, mix crushed graham crackers and 1 stick of butter. Line bottom and sides of a 13 by 9-inch pan with mixture.

Bake crust for 5 to 8 minutes.

Beat the eggs, 2 sticks butter, and the powdered sugar until fluffy.

Spread mixture on cooled crust.

Add layer of crushed pineapple and layer of sliced bananas. Cover with whipped topping and sprinkle with nuts or graham crackers. Refrigerate for 1 hour.

Nutrition Facts



PROTEIN 3% **FAT 44.99%** **CARBS 52.01%**

Properties

Glycemic Index:8.94, Glycemic Load:11.01, Inflammation Score:-3, Nutrition Score:3.8291304396546%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 357.98kcal (17.9%), Fat: 18.26g (28.1%), Saturated Fat: 11.07g (69.18%), Carbohydrates: 47.51g (15.84%), Net Carbohydrates: 46.22g (16.81%), Sugar: 35.84g (39.83%), Cholesterol: 53.15mg (17.72%), Sodium: 246.96mg (10.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin A: 481.65IU (9.63%), Phosphorus: 66.31mg (6.63%), Vitamin B2: 0.1mg (6.07%), Iron: 0.96mg (5.36%), Vitamin B1: 0.08mg (5.31%), Fiber: 1.29g (5.15%), Magnesium: 20.12mg (5.03%), Vitamin B6: 0.09mg (4.7%), Vitamin C: 3.69mg (4.47%), Vitamin B3: 0.87mg (4.33%), Potassium: 137.03mg (3.92%), Calcium: 38.18mg (3.82%), Folate: 15.14µg (3.79%), Vitamin E: 0.54mg (3.61%), Selenium: 2.3µg (3.28%), Zinc: 0.49mg (3.24%), Copper: 0.05mg (2.57%), Vitamin K: 2µg (1.91%), Vitamin B12: 0.1µg (1.7%), Manganese: 0.03mg (1.7%), Vitamin B5: 0.13mg (1.26%)