



Banana Split Cake

 Popular

READY IN



65 min.

SERVINGS



16

CALORIES



317 kcal

Ingredients

- ☐ 1 box cake mix white
- ☐ 1 cup bananas mashed (2 medium)
- ☐ 0.8 cup semisweet chocolate chips miniature
- ☐ 16 oz chocolate frosting
- ☐ 1 slices banana
- ☐ 1 serving non-dairy whipped topping
- ☐ 1 serving rainbow-colored candy
- ☐ 1 serving cherries

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan. In large bowl, beat cake mix, water, oil, whole eggs and mashed bananas with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in chocolate chips.
- ☐ Pour into pan.
- ☐ Bake 38 to 42 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes.
- ☐ In small microwavable bowl, microwave frosting uncovered on High 20 seconds; stir. Microwave 5 to 10 seconds longer or until very soft and smooth; spread evenly over cake.
- ☐ Garnish as desired. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:8.22, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:5.8508695700894%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 316.58kcal (15.83%), Fat: 10.54g (16.21%), Saturated Fat: 4.69g (29.34%), Carbohydrates: 54.91g (18.3%), Net Carbohydrates: 52.84g (19.21%), Sugar: 37.05g (41.17%), Cholesterol: 0.71mg (0.24%), Sodium: 277.29mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.1mg (3.37%), Protein: 2.6g (5.2%), Phosphorus: 165.65mg (16.57%), Manganese: 0.33mg (16.41%), Copper: 0.24mg (11.92%), Iron: 1.8mg (10.03%), Magnesium: 34.09mg (8.52%), Fiber: 2.07g (8.29%), Calcium: 82.04mg (8.2%), Folate: 26.28µg (6.57%), Potassium: 212.41mg (6.07%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.63%), Vitamin B2: 0.09mg (5.56%), Vitamin E: 0.81mg (5.41%), Vitamin B3: 1.01mg (5.07%), Vitamin B6: 0.07mg (3.71%), Zinc: 0.55mg (3.7%), Vitamin C: 1.92mg (2.33%), Vitamin B5: 0.2mg (2.05%), Vitamin K: 1.94µg (1.85%)