



Banana Split "Cake"

 **Gluten Free**

READY IN



15 min.

SERVINGS



24

CALORIES



311 kcal

DESSERT

Ingredients

- 6 banana divided
- 0.3 cup butter melted
- 16 oz cream cheese softened
- 1.5 cups honey crushed
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 1 cup pecans chopped
- 20 oz pineapple rings crushed drained canned

- 1 cup sugar divided
- 2 cups non-dairy whipped topping divided thawed

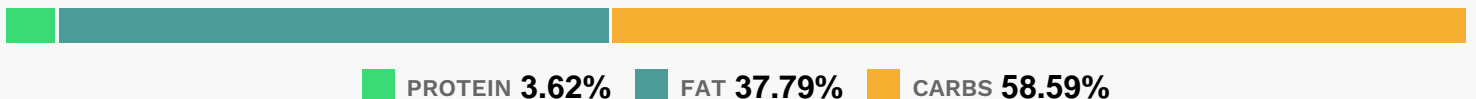
Equipment

- frying pan
- whisk
- blender

Directions

- MIX 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 well blended.
- Spread carefully over crust; top with pineapple. Slice 4 bananas; arrange over pineapple.
- BEAT pudding mixes and milk with whisk 2 min. until well blended. Stir in 1 cup COOL WHIP; spread over banana layer in pan.
- Top with remaining COOL WHIP. Refrigerate 5 hours. Slice remaining 2 bananas just before serving; arrange over dessert. Top with nuts.
- Size-Wise
- This banana split-inspired dessert makes a great treat to share with friends and family.
- Shortcut
- Substitute 1-1/2 cups HONEY MAID Graham Cracker Crumbs for the crushed grahams.
- Variation
- Omit nuts. Make chocolate curls from 1 square BAKER'S Semi-Sweet Chocolate. Use to garnish dessert along with nuts.

Nutrition Facts



Properties

Glycemic Index:12.59, Glycemic Load:18.85, Inflammation Score:-3, Nutrition Score:4.8108695330827%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 310.82kcal (15.54%), Fat: 13.68g (21.05%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 46.15g (16.78%), Sugar: 42.38g (47.09%), Cholesterol: 28.43mg (9.48%), Sodium: 144.31mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Manganese: 0.29mg (14.3%), Vitamin B6: 0.16mg (8.2%), Vitamin A: 403.18IU (8.06%), Vitamin B2: 0.12mg (7.1%), Phosphorus: 66.72mg (6.67%), Potassium: 227.12mg (6.49%), Fiber: 1.56g (6.24%), Vitamin C: 4.94mg (5.99%), Calcium: 58.44mg (5.84%), Copper: 0.11mg (5.6%), Magnesium: 21.57mg (5.39%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.03µg (4.33%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.49mg (3.27%), Vitamin B12: 0.17µg (2.82%), Folate: 10.4µg (2.6%), Vitamin E: 0.37mg (2.46%), Iron: 0.37mg (2.08%), Vitamin B3: 0.38mg (1.92%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.34µg (1.27%)