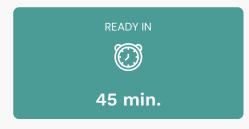


Banana Split Cake

Vegetarian







DESSERT

Ingredients

1 teaspoon baking soda
2 cups banana mashed (5 medium)
0.5 cup buttermilk
20 ounce pineapple crushed undrained canned
1 cup coconut or flaked
10 servings garnishes: coconut hot grated flaked toasted chopped
8 ounce cream cheese softened
3 large eggs

	3 cups flour all-purpose	
	16 ounce maraschino cherries drained	
	1 cup pecans chopped	
	1.5 cups powdered sugar	
	0.3 teaspoon salt	
	2 cups sugar	
	1.5 teaspoons vanilla extract	
	1 cup vegetable oil	
Equipment		
	bowl	
	frying pan	
	paper towels	
	oven	
	wire rack	
	hand mixer	
Di	rections	
Ш	Combine first 4 ingredients in a large bowl. Stir together eggs, oil, and buttermilk.	
	Add oil mixture to flour mixture, stirring just until dry ingredients are moistened. Stir in banana and next 3 ingredients.	
	Drain pineapple, reserving 2 tablespoons liquid. Gently press pineapple and maraschino cherries between layers of paper towels. Chop cherries. Stir pineapple and cherries into banana mixture. Spoon into a greased and floured 10-inch tube pan.	
	Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 to 15 minutes; remove from pan, and cool on wire rack.	
	Beat cream cheese at medium speed with an electric mixer until smooth. Gradually add powdered sugar, beating at low speed until blended. Stir in reserved pineapple juice.	
	Pour over cake; garnish, if desired.	

Nutrition Facts

PROTEIN 4.88% FAT 30.8% CARBS 64.32%

Properties

Glycemic Index:26.79, Glycemic Load:54.17, Inflammation Score:-6, Nutrition Score:16.60869571437%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 3.53mg, Catechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 3-gallate: 0.25mg, Epigallocatechin: 3-gallate: 0.25mg, Epigallocatechin: 3-gallate: 0.25mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 797.64kcal (39.88%), Fat: 28.13g (43.28%), Saturated Fat: 11.61g (72.59%), Carbohydrates: 132.2g (44.07%), Net Carbohydrates: 125.24g (45.54%), Sugar: 93.37g (103.74%), Cholesterol: 80.03mg (26.68%), Sodium: 280.43mg (12.19%), Alcohol: 0.21g (100%), Alcohol %: 0.08% (100%), Protein: 10.02g (20.04%), Manganese: 1.12mg (55.91%), Selenium: 22.83µg (32.61%), Vitamin B1: 0.46mg (30.67%), Fiber: 6.96g (27.85%), Vitamin B2: 0.41mg (23.86%), Folate: 93.31µg (23.33%), Copper: 0.44mg (22.13%), Iron: 3.11mg (17.3%), Phosphorus: 167.79mg (16.78%), Vitamin B6: 0.32mg (15.89%), Vitamin B3: 2.9mg (14.5%), Magnesium: 56.87mg (14.22%), Potassium: 441.85mg (12.62%), Vitamin C: 9.49mg (11.51%), Zinc: 1.54mg (10.28%), Vitamin K: 10.47µg (9.97%), Calcium: 98.86mg (9.89%), Vitamin A: 491.3IU (9.83%), Vitamin B5: 0.91mg (9.09%), Vitamin E: 1.01mg (6.74%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.46µg (3.04%)