



## Banana Split Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



798 kcal

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

## Directions

- ☐ 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: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.25mg, 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

## 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%)