



Banana Split Cake Dessert

READY IN



135 min.

SERVINGS



12

CALORIES



480 kcal

DESSERT

Ingredients

- 1 box cake mix yellow
- 1 box jello banana pudding mix instant (4-serving size)
- 0.7 cup buttermilk
- 0.3 cup vegetable oil
- 1 teaspoon vanilla
- 4 eggs
- 1 cup banana ripe mashed
- 6 cups whipped cream
- 10 oz strawberries sweetened frozen thawed sliced

- 0.8 cup topping hot
- 0.8 cup cool whip frozen thawed
- 12 maraschino cherries with stems

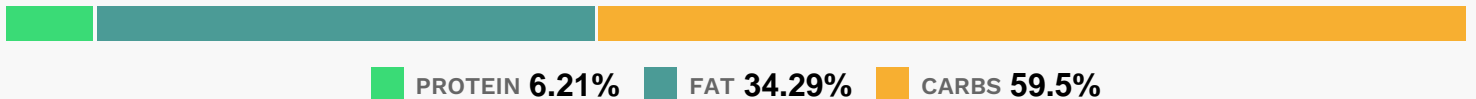
Equipment

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

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour. In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pan.
- Bake 48 to 55 minutes or until deep golden brown and toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- Cut cake in half lengthwise, then cut crosswise 11 times to make a total of 24 slices.
- Place 1 or 2 cake slices in each parfait glass or banana split dish. Top each serving with 2 small scoops of ice cream. Spoon strawberries over one scoop.
- Drizzle hot fudge sauce over other scoop. Top each with whipped topping and cherry. Store cake covered.

Nutrition Facts



Properties

Glycemic Index:15.56, Glycemic Load:11.34, Inflammation Score:-4, Nutrition Score:11.476956460787%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.87mg, Pelargonidin: 5.87mg, Pelargonidin: 5.87mg, Pelargonidin: 5.87mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 479.62kcal (23.98%), Fat: 18.4g (28.3%), Saturated Fat: 7.73g (48.28%), Carbohydrates: 71.84g (23.95%), Net Carbohydrates: 69.36g (25.22%), Sugar: 45.44g (50.48%), Cholesterol: 86.01mg (28.67%), Sodium: 472.23mg (20.53%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 7.5g (15%), Phosphorus: 274.11mg (27.41%), Vitamin B2: 0.41mg (24.05%), Calcium: 220.45mg (22.05%), Vitamin C: 15.41mg (18.68%), Manganese: 0.29mg (14.45%), Vitamin K: 13.81µg (13.16%), Folate: 49.88µg (12.47%), Vitamin E: 1.84mg (12.27%), Selenium: 8.28µg (11.83%), Vitamin B1: 0.16mg (10.78%), Fiber: 2.49g (9.95%), Vitamin B12: 0.57µg (9.55%), Potassium: 331.3mg (9.47%), Vitamin B5: 0.91mg (9.13%), Iron: 1.62mg (8.98%), Magnesium: 32.82mg (8.21%), Vitamin B6: 0.16mg (8.07%), Vitamin A: 400.73IU (8.01%), Copper: 0.16mg (7.78%), Zinc: 1.05mg (6.99%), Vitamin B3: 1.34mg (6.69%), Vitamin D: 0.6µg (3.99%)