



Banana Split Cake Dessert

READY IN



135 min.

SERVINGS



12

CALORIES



483 kcal

DESSERT

Ingredients

- ☐ 1 cup banana ripe mashed
- ☐ 0.7 cup buttermilk
- ☐ 4 eggs
- ☐ 0.8 cup topping hot
- ☐ 1 box jello banana pudding mix instant (4-serving size)
- ☐ 12 maraschino cherries with stems
- ☐ 10 oz strawberries sweetened frozen thawed sliced
- ☐ 1 teaspoon vanilla
- ☐ 6 cups whipped cream

- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup non-dairy whipped topping frozen thawed
- ☐ 1 box cake mix yellow

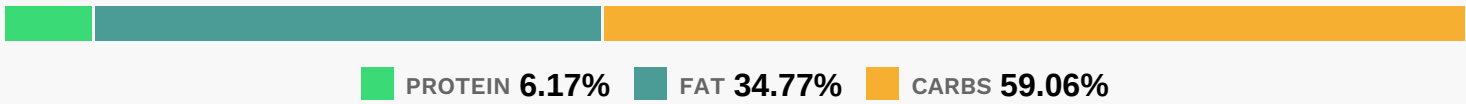
Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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:11.324347900308%

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: 483.14kcal (24.16%), Fat: 18.78g (28.89%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 69.31g (25.2%), Sugar: 45.79g (50.88%), Cholesterol: 85.35mg (28.45%), Sodium: 472.23mg (20.53%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 7.5g (15%), Phosphorus: 274.39mg (27.44%), Vitamin B2: 0.38mg (22.59%), Calcium: 218.72mg (21.87%), Vitamin C: 15.41mg (18.68%), Manganese: 0.29mg (14.45%), Vitamin K: 13.95µg (13.29%), Vitamin E: 1.86mg (12.4%), Folate: 49.23µg (12.31%), Selenium: 8.26µg (11.79%), Vitamin B1: 0.16mg (10.38%), Fiber: 2.47g (9.87%), Potassium: 330.98mg (9.46%), Vitamin B5: 0.91mg (9.13%), Iron: 1.62mg (9%), Vitamin B12: 0.51µg (8.55%), Magnesium: 32.78mg (8.19%), Vitamin A: 395.99IU (7.92%), Vitamin B6: 0.16mg (7.83%), Copper: 0.16mg (7.76%), Zinc: 1.04mg (6.93%), Vitamin B3: 1.33mg (6.63%), Vitamin D: 0.6µg (3.99%)