



Banana Split Cake I

READY IN



220 min.

SERVINGS



14

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 6 bananas peeled halved lengthwise
- ☐ 1 cup butter softened
- ☐ 20 ounce pineapple crushed drained canned
- ☐ 2 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2 cups graham cracker crumbs
- ☐ 1 quart strawberries fresh halved
- ☐ 1 cup walnuts chopped
- ☐ 16 ounce non-dairy whipped topping frozen thawed

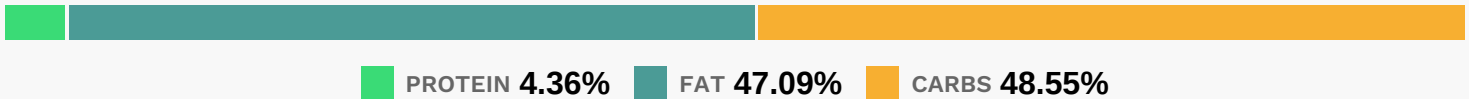
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine cracker crumbs and melted butter or margarine thoroughly and press into bottom of 9x12 inch baking pan. Chill in freezer for at least 15 minutes.
- ☐ In the medium bowl of an electric mixer combine confectioners sugar, eggs, and softened butter or margarine; beat at medium speed for 20 minutes. (This step is important, so don't try to save time).
- ☐ Spread buttercream mixture evenly over chilled crust.
- ☐ Place bananas, cut side down, evenly on top of buttercream and spoon crushed pineapple evenly over top of bananas. Distribute strawberries over pineapple and spread the whipped topping evenly all over.
- ☐ Sprinkle with walnuts and refrigerate for at least 3 hours or overnight before serving.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:13.72, Inflammation Score:-6, Nutrition Score:11.663478086824%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 16.8mg, Pelargonidin: 16.8mg, Pelargonidin: 16.8mg, Pelargonidin: 16.8mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.19mg, Catechin: 5.19mg, Catechin: 5.19mg, Catechin: 5.19mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 460.98kcal (23.05%), Fat: 25.06g (38.55%), Saturated Fat: 12.96g (81.01%), Carbohydrates: 58.12g (19.37%), Net Carbohydrates: 53.96g (19.62%), Sugar: 42.67g (47.41%), Cholesterol: 58.89mg (19.63%), Sodium: 217.69mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin C: 48.06mg (58.26%), Manganese: 0.69mg (34.26%), Fiber: 4.16g (16.64%), Vitamin B6: 0.32mg (16.11%), Magnesium: 52.15mg (13.04%), Copper: 0.26mg (13.03%), Potassium: 438.41mg (12.53%), Phosphorus: 123.65mg (12.37%), Folate: 46.49µg (11.62%), Vitamin A: 525.51IU (10.51%), Vitamin B2: 0.17mg (9.9%), Vitamin B1: 0.14mg (9.26%), Iron: 1.42mg (7.87%), Calcium: 68.08mg (6.81%), Vitamin B3: 1.3mg (6.52%), Selenium: 4.32µg (6.17%), Vitamin E: 0.92mg (6.12%), Zinc: 0.83mg (5.55%), Vitamin K: 4.44µg (4.23%), Vitamin B5: 0.42mg (4.15%), Vitamin B12: 0.15µg (2.47%)