

Banana Split Cake II

READY IN



265 min.

SERVINGS



15

CALORIES



496 kcal

DESSERT

Ingredients

- 6 banana
- 20 ounce pineapple crushed drained canned
- 2 cups powdered sugar
- 8 ounce cream cheese
- 8 maraschino cherries
- 1 cup butter melted
- 16 ounce vanilla wafers crushed
- 0.3 cup walnut pieces chopped
- 12 ounce non-dairy whipped topping frozen thawed

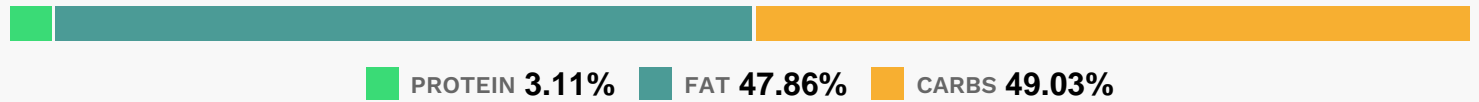
Equipment

- frying pan

Directions

- Combine the crushed vanilla wafers and melted margarine. Pat into the bottom of one 9x13 inch pan.
- Beat the cream cheese and confectioners' sugar together until light and fluffy.
- Spread over the top of the vanilla wafer crust. Spoon crushed pineapple over the cream cheese layer. Then layer sliced bananas over the pineapple. Cover with the non-dairy whipped topping and sprinkle top with chopped walnuts and maraschino cherries.
- Chill for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:11.92, Glycemic Load:22.17, Inflammation Score:-6, Nutrition Score:6.4169565180074%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 496.32kcal (24.82%), Fat: 27.09g (41.68%), Saturated Fat: 10.04g (62.78%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 60.07g (21.84%), Sugar: 43.36g (48.18%), Cholesterol: 16.03mg (5.34%), Sodium: 329.39mg (14.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Vitamin A: 811.86IU (16.24%), Vitamin B1: 0.2mg (13.09%), Vitamin B6: 0.23mg (11.33%), Vitamin B2: 0.18mg (10.51%), Folate: 42.04µg (10.51%), Manganese: 0.2mg (9.83%), Fiber: 2.36g (9.43%), Vitamin C: 7.72mg (9.35%), Potassium: 299.95mg (8.57%), Phosphorus: 69mg (6.9%), Vitamin B3: 1.27mg (6.35%), Magnesium: 25mg (6.25%), Copper: 0.12mg (5.91%), Vitamin E: 0.78mg (5.22%), Calcium: 47.23mg (4.72%), Selenium: 2.66µg (3.81%), Vitamin B5: 0.27mg (2.69%), Iron: 0.35mg (1.92%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.09µg (1.56%), Vitamin K: 1.64µg (1.56%)