



Banana Split Cake VI

 Dairy Free

READY IN



60 min.

SERVINGS



15

CALORIES



535 kcal

DESSERT

Ingredients

- 6 banana
- 30 ounce pineapple crushed drained canned
- 2 cups confectioners' sugar
- 2 cups cornflakes cereal crumbs
- 2 eggs
- 1 cup butter
- 1 tablespoon vanilla extract
- 15 servings walnuts chopped

16 ounce non-dairy whipped topping frozen thawed

Equipment

frying pan

Directions

- Combine 1/2 cup margarine with cornflake crumbs, then press into the bottom of a 13x9 inch pan. Chill in the refrigerator for 30 minutes.
- Mix together eggs, vanilla extract, 1 cup margarine and confectioners' sugar until smooth.
- Pour mixture over the chilled cornflake crust. Slice bananas lengthwise and place over the egg mixture. Spoon pineapple over the bananas, then spread whipped topping over the top to cover.
- Sprinkle with chopped nuts. Refrigerate overnight before serving.

Nutrition Facts

 **PROTEIN 5.31%**  **FAT 58.75%**  **CARBS 35.94%**

Properties

Glycemic Index:4.99, Glycemic Load:5.64, Inflammation Score:-7, Nutrition Score:13.345217357511%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg 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, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 535.23kcal (26.76%), Fat: 36.5g (56.15%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 50.23g (16.74%), Net Carbohydrates: 46.13g (16.77%), Sugar: 37.9g (42.11%), Cholesterol: 22.43mg (7.48%), Sodium: 202.06mg (8.79%), Alcohol: 0.3g (100%), Alcohol %: 0.18% (100%), Protein: 7.43g (14.85%), Manganese: 1.16mg (58.11%), Copper: 0.59mg (29.54%), Vitamin B6: 0.46mg (23.06%), Magnesium: 73.48mg (18.37%), Fiber: 4.1g (16.39%), Phosphorus: 159.49mg (15.95%), Vitamin B1: 0.23mg (15.65%), Folate: 58.82µg (14.7%), Vitamin A: 726.61IU (14.53%), Iron: 2.38mg (13.21%), Vitamin C: 10.64mg (12.9%), Vitamin B2: 0.21mg (12.45%), Potassium: 424.45mg (12.13%), Zinc: 1.2mg (8%), Vitamin B3: 1.52mg (7.6%), Selenium: 5.1µg (7.29%), Calcium: 70.57mg (7.06%), Vitamin E: 0.95mg (6.37%), Vitamin B12: 0.31µg (5.24%), Vitamin B5: 0.44mg (4.4%), Vitamin K: 2.43µg (2.31%), Vitamin D: 0.25µg

(1.68%)