



Banana Split Cheesecake

 Popular

READY IN



45 min.

SERVINGS



14

CALORIES



528 kcal

DESSERT

Ingredients

- ☐ 3 medium bananas quartered
- ☐ 0.8 cup butter melted
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 0.3 cup chocolate syrup
- ☐ 4 cups confectioners' sugar
- ☐ 16 ounce cream cheese
- ☐ 2.5 cups graham cracker crumbs
- ☐ 8 maraschino cherries halved

- ☐ 0.5 cup pecan halves
- ☐ 12 ounce non-dairy whipped topping frozen thawed

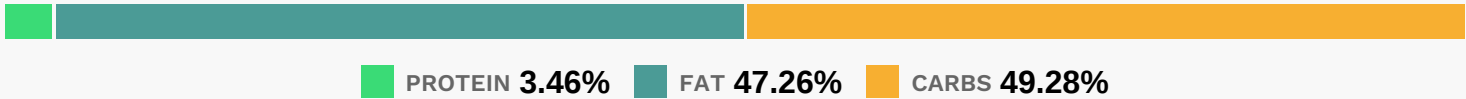
Equipment

- ☐ frying pan

Directions

- ☐ Blend the melted butter or margarine with the graham crackers and press into the bottom of one 9x12 inch pan.
- ☐ Blend the confectioner's sugar and the cream cheese together until smooth.
- ☐ Spread over the graham cracker crumb layer.
- ☐ Layer the crushed pineapple and the bananas over the cream cheese layer. Then spread the whipped topping over the top. Decorate with maraschino cherry halves.
- ☐ Drizzle chocolate syrup over the top and sprinkle with pecans. Chill for at least 4 hours then serve.

Nutrition Facts



Properties

Glycemic Index:15.41, Glycemic Load:11.38, Inflammation Score:-5, Nutrition Score:6.1973912404931%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 528.31kcal (26.42%), Fat: 28.4g (43.7%), Saturated Fat: 16.05g (100.33%), Carbohydrates: 66.64g (22.21%), Net Carbohydrates: 64.69g (23.53%), Sugar: 53.25g (59.16%), Cholesterol: 59.35mg (19.78%), Sodium:

301.35mg (13.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin A: 784.55IU (15.69%), Manganese: 0.25mg (12.66%), Phosphorus: 109.35mg (10.94%), Vitamin B2: 0.17mg (10.13%), Fiber: 1.95g (7.79%), Magnesium: 30.84mg (7.71%), Vitamin B6: 0.15mg (7.56%), Calcium: 72.42mg (7.24%), Potassium: 235.17mg (6.72%), Vitamin B1: 0.1mg (6.35%), Copper: 0.13mg (6.31%), Selenium: 4.23µg (6.04%), Iron: 1.03mg (5.71%), Vitamin E: 0.76mg (5.09%), Zinc: 0.75mg (5.02%), Vitamin C: 3.77mg (4.57%), Vitamin B3: 0.9mg (4.49%), Folate: 17.66µg (4.42%), Vitamin B5: 0.32mg (3.15%), Vitamin K: 2.74µg (2.61%), Vitamin B12: 0.14µg (2.34%)