



Banana-Split Cheesecake

READY IN



45 min.

SERVINGS



16

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 1.5 cups banana ripe mashed
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup chocolate syrup
- ☐ 1 cup cookie crumbs (such as Oreo)
- ☐ 8 ounce cream sour low-fat
- ☐ 24 ounce weight cream cheese fat-free softened
- ☐ 8 ounce cream cheese softened
- ☐ 4 large eggs
- ☐ 3 tablespoons flour all-purpose

- ☐ 16 maraschino cherries drained
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 cup pineapple rings canned crushed drained
- ☐ 1 tablespoon stick margarine melted
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven to 32
- ☐ To prepare crust, combine first 3 ingredients in a bowl; toss with a fork until moist. Press into bottom of a 9-inch springform pan coated with cooking spray.
- ☐ To prepare filling, beat cheeses and sour cream at high speed of a mixer until smooth.
- ☐ Add 1 1/2 cups sugar, banana, flour, and vanilla; beat well.
- ☐ Add eggs, 1 at a time; beat well after each addition.
- ☐ Pour cheese mixture into prepared pan; bake at 325 for 1 hour and 10 minutes or until almost set. Cheesecake is done when the center barely moves when pan is touched.
- ☐ Remove cheesecake from oven; run a knife around outside edge. Cool cheesecake to room temperature. Cover and chill for at least 8 hours. Top each serving with 1 teaspoon pineapple, 1 teaspoon strawberry syrup, 1 teaspoon chocolate syrup, 3/4 teaspoon pecans, and 1 cherry.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:19.19, Inflammation Score:-3, Nutrition Score:7.8730434853098%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 317.11kcal (15.86%), Fat: 11.81g (18.17%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 42.3g (15.38%), Sugar: 34.62g (38.46%), Cholesterol: 70.88mg (23.63%), Sodium: 424.53mg (18.46%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 10.64g (21.27%), Phosphorus: 296.39mg (29.64%), Calcium: 199.94mg (19.99%), Vitamin B2: 0.27mg (15.71%), Selenium: 8.94µg (12.78%), Vitamin B12: 0.62µg (10.26%), Manganese: 0.19mg (9.6%), Folate: 34.83µg (8.71%), Potassium: 272.93mg (7.8%), Vitamin A: 383.66IU (7.67%), Zinc: 1.14mg (7.63%), Vitamin B5: 0.73mg (7.28%), Magnesium: 25.74mg (6.44%), Vitamin B6: 0.12mg (5.86%), Copper: 0.11mg (5.66%), Vitamin B1: 0.08mg (5.61%), Iron: 0.83mg (4.62%), Fiber: 1.02g (4.08%), Vitamin E: 0.53mg (3.54%), Vitamin B3: 0.56mg (2.82%), Vitamin C: 1.76mg (2.14%), Vitamin D: 0.28µg (1.86%), Vitamin K: 1.45µg (1.38%)