



Banana Split-Cheesecake Squares

READY IN



230 min.

SERVINGS



50

CALORIES



90 kcal

DESSERT

Ingredients

- 1 banana with 1 tsp. lemon juice sliced
- 0.5 cup bananas ripe mashed
- 0.3 cup butter melted
- 24 oz philadelphia cream cheese softened
- 3 eggs
- 1.5 cups graham cracker crumbs
- 8 oz pineapple chunks in juice drained canned
- 1 cup strawberries halved
- 0.8 cup sugar

1 tsp vanilla

Equipment

bowl

frying pan

oven

blender

Directions

Heat oven to 350F.

Mix graham crumbs and butter; press onto bottom of 13x9-inch pan.

Mix cream cheese, sugar and vanilla in large bowl with mixer until blended.

Add eggs, 1 at a time, mixing on low speed after each just until blended. Stir in mashed bananas.

Pour over crust.

Bake 30 min. or until center is almost set. Cool. Refrigerate at least 3 hours.

Serve topped with the strawberries, sliced bananas and pineapple.

Nutrition Facts



Properties

Glycemic Index:5.32, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:1.4917391551578%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.72mg, Pelargonidin: 0.72mg, Pelargonidin: 0.72mg, Pelargonidin: 0.72mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg,
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 89.87kcal (4.49%), Fat: 6.43g (9.9%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.77g (2.46%), Sugar: 5.09g (5.66%), Cholesterol: 23.56mg (7.85%), Sodium: 77.49mg (3.37%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 1.42g (2.84%), Vitamin A: 254.75IU (5.09%), Vitamin B2: 0.05mg (3.14%), Vitamin C: 2.49mg (3.01%), Selenium: 2.04µg (2.92%), Phosphorus: 26.62mg (2.66%), Calcium: 18.46mg (1.85%), Vitamin E: 0.2mg (1.36%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.03mg (1.27%), Folate: 4.98µg (1.24%), Potassium: 42.9mg (1.23%), Magnesium: 4.58mg (1.14%), Iron: 0.2mg (1.09%), Zinc: 0.16mg (1.08%), Vitamin B1: 0.02mg (1.07%)