



Banana Split Pancake Cake

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



218 kcal

DESSERT

Ingredients

- 1 cup milk
- 1 eggs
- 1 teaspoon vanilla
- 1 cup whipped cream
- 1 large banana sliced
- 0.5 cup maraschino cherries chopped
- 0.3 cup whipped cream
- 2 tablespoons chocolate syrup

- 1 teaspoon sprinkles
- 1 maraschino cherries
- 2 cups frangelico

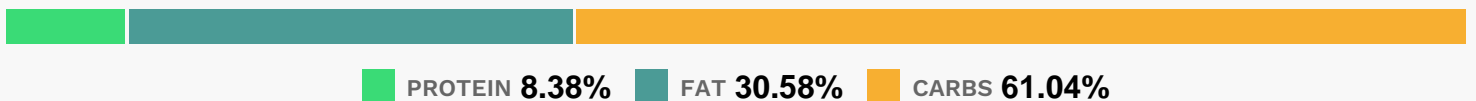
Equipment

- bowl
- frying pan
- whisk

Directions

- In medium bowl, beat Pancake ingredients with whisk until well blended.
- Heat griddle or skillet over medium-high heat (375°F). Grease with butter if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/3 cup batter onto hot griddle. Cook about 3 minutes or until edges are dry and bubbles form on top. Turn; cook other side until golden brown. This should make about 5 medium-size pancakes.
- To assemble, place 1 pancake on cake stand or plate.
- Place 1/4 cup whipped cream on pancake. Top with 5 or 6 slices banana and about 1 tablespoon chopped maraschino cherries. Repeat layers with remaining pancakes and filling ingredients.
- Top with Pancake Cake Topping ingredients.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:6.13, Inflammation Score:-3, Nutrition Score:6.0656521838644%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.7kcal (10.89%), Fat: 7.52g (11.57%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 31.65g (11.51%), Sugar: 26.81g (29.79%), Cholesterol: 62.49mg (20.83%), Sodium: 49.16mg (2.14%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 4.64g (9.27%), Phosphorus: 121.44mg (12.14%), Calcium: 119.98mg (12%), Vitamin B2: 0.18mg (10.44%), Vitamin B6: 0.19mg (9.54%), Fiber: 2.13g (8.52%), Potassium: 286.32mg (8.18%), Vitamin B12: 0.48µg (8.03%), Selenium: 5.34µg (7.63%), Manganese: 0.14mg (7.09%), Magnesium: 27.74mg (6.93%), Copper: 0.13mg (6.65%), Vitamin A: 322.29IU (6.45%), Vitamin D: 0.97µg (6.44%), Vitamin B5: 0.59mg (5.85%), Zinc: 0.67mg (4.44%), Vitamin B1: 0.06mg (3.8%), Vitamin C: 2.98mg (3.61%), Iron: 0.63mg (3.53%), Folate: 12.73µg (3.18%), Vitamin E: 0.32mg (2.12%), Vitamin B3: 0.35mg (1.75%), Vitamin K: 1.25µg (1.19%)