



## Banana Sundae Cake

READY IN



110 min.

SERVINGS



12

CALORIES



346 kcal

DESSERT

### Ingredients

- 1 box cake mix yellow
- 1 cup banana very ripe mashed (2 medium)
- 0.5 cup water
- 0.3 cup vegetable oil
- 1 teaspoon almond extract
- 4 eggs
- 0.5 cup almonds
- 0.5 cup chocolate syrup
- 0.5 cup mrs richardson's butterscotch caramel sauce

1 serving whipped cream

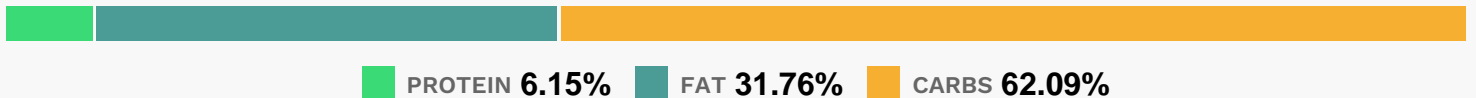
## Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease and flour, or spray with baking spray with flour, bottom and sides of 13x9-inch pan.
- In large bowl, beat cake mix, bananas, water, oil, almond extract and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes.
- Pour into pan.
- Sprinkle brickle chips evenly over batter.
- Bake 34 to 41 minutes or until cake springs back when touched lightly in center. Run knife around sides of pan to loosen cake. Cool completely, about 1 hour.
- Just before serving, drizzle each piece of cake with chocolate syrup and caramel topping; serve with ice cream. Store cake loosely covered.

## Nutrition Facts



## Properties

Glycemic Index:10.48, Glycemic Load:2.21, Inflammation Score:-3, Nutrition Score:8.4578260442485%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin:

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## **Nutrients (% of daily need)**

Calories: 346.23kcal (17.31%), Fat: 12.41g (19.09%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 54.59g (18.2%), Net Carbohydrates: 52.64g (19.14%), Sugar: 33.27g (36.97%), Cholesterol: 56.98mg (18.99%), Sodium: 380.69mg (16.55%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.41g (10.82%), Phosphorus: 219.6mg (21.96%), Vitamin E: 2.61mg (17.38%), Manganese: 0.31mg (15.5%), Vitamin B2: 0.26mg (15.49%), Calcium: 129.51mg (12.95%), Vitamin K: 12.57µg (11.97%), Folate: 42.03µg (10.51%), Selenium: 6.56µg (9.37%), Iron: 1.68mg (9.31%), Copper: 0.18mg (8.99%), Magnesium: 35.04mg (8.76%), Vitamin B1: 0.12mg (8.33%), Fiber: 1.95g (7.8%), Vitamin B3: 1.36mg (6.78%), Vitamin B6: 0.12mg (5.78%), Vitamin B5: 0.5mg (5%), Potassium: 174.57mg (4.99%), Zinc: 0.64mg (4.27%), Vitamin B12: 0.21µg (3.53%), Vitamin A: 118.89IU (2.38%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.19mg (1.45%)