



Banana Sundae Cake

READY IN



110 min.

SERVINGS



12

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 0.5 cup fries
- ☐ 1 teaspoon almond extract
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 0.5 cup chocolate syrup
- ☐ 4 eggs
- ☐ 12 servings whipped cream
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water

☐ 1 box cake mix yellow

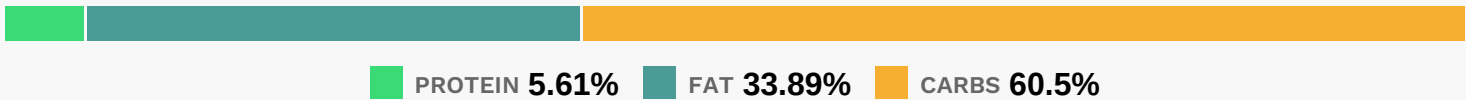
Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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:15.01, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:9.4617390425309%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 462.6kcal (23.13%), Fat: 17.56g (27.02%), Saturated Fat: 7.09g (44.3%), Carbohydrates: 70.56g (23.52%), Net Carbohydrates: 68.48g (24.9%), Sugar: 45.84g (50.93%), Cholesterol: 83.6mg (27.87%), Sodium: 477.34mg (20.75%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 6.54g (13.09%), Phosphorus: 262.06mg (26.21%), Vitamin B2: 0.34mg (20.22%), Calcium: 191.81mg (19.18%), Vitamin K: 12.75µg (12.15%), Folate: 44.6µg (11.15%), Selenium: 7.45µg (10.65%), Manganese: 0.2mg (10.05%), Vitamin B1: 0.14mg (9.65%), Iron: 1.64mg (9.11%), Vitamin B5: 0.88mg (8.77%), Vitamin E: 1.26mg (8.42%), Potassium: 293.68mg (8.39%), Fiber: 2.07g (8.29%), Vitamin B6: 0.15mg (7.71%), Vitamin A: 373.54IU (7.47%), Vitamin B12: 0.45µg (7.47%), Magnesium: 29.19mg (7.3%), Vitamin B3: 1.43mg (7.15%), Copper: 0.14mg (6.77%), Zinc: 0.9mg (6.03%), Vitamin D: 0.43µg (2.84%), Vitamin C: 2.18mg (2.64%)