



WHATSheATE



Banana Sundae Cake

READY IN



110 min.

SERVINGS



12

CALORIES



326 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
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 1 box cake mix yellow betty crocker® supermoist®

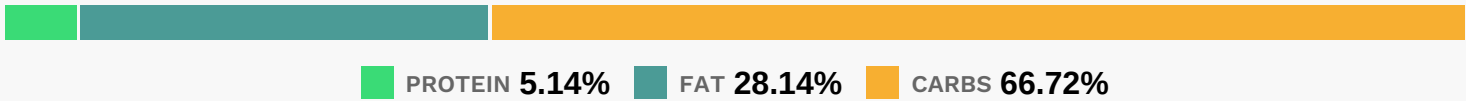
Equipment

- ☐ 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:9.93, Glycemic Load:3.01, Inflammation Score:-2, Nutrition Score:6.860434723937%

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: 325.98kcal (16.3%), Fat: 10.3g (15.85%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 53.37g (19.41%), Sugar: 31.85g (35.38%), Cholesterol: 54.56mg (18.19%), Sodium: 424.54mg (18.46%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 4.23g (8.47%), Phosphorus: 192.76mg (19.28%), Vitamin K: 12.55µg (11.96%), Vitamin B2: 0.19mg (10.9%), Calcium: 107.33mg (10.73%), Folate: 41.3µg (10.32%), Manganese: 0.2mg (9.79%), Selenium: 6.27µg (8.95%), Iron: 1.58mg (8.78%), Vitamin B1: 0.12mg (7.85%), Vitamin E: 1.07mg (7.1%), Vitamin B3: 1.35mg (6.77%), Fiber: 1.61g (6.44%), Vitamin B6: 0.12mg (6.13%), Copper: 0.12mg (6.02%), Magnesium: 19.95mg (4.99%), Vitamin B5: 0.49mg (4.93%), Potassium: 162.34mg (4.64%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.45mg (3%), Vitamin C: 1.78mg (2.16%), Vitamin D: 0.29µg (1.96%), Vitamin A: 95.68IU (1.91%)