



Banana Tres Leches Dessert

READY IN



235 min.

SERVINGS



16

CALORIES



394 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1.3 cups water
- 2 tablespoons vegetable oil
- 3 eggs
- 1 cup bananas mashed (2 medium)
- 14 oz condensed milk sweetened canned (not evaporated)
- 0.5 cup cream of coconut (from 14-oz can) (not cream of coconut)
- 0.5 cup whipping cream
- 12 oz fluffy frosting white

1 slices banana toasted

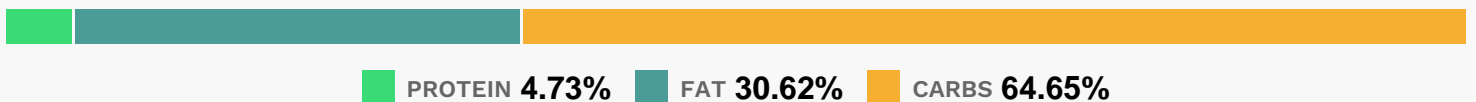
Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan.
- In large bowl, beat cake mix, water, oil, eggs and mashed bananas with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 33 to 38 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- Poke top of cake every 1/2 inch with long-tined fork, wiping fork occasionally to reduce sticking. In large bowl, stir together condensed milk, coconut milk and whipping cream. Carefully pour evenly over top of cake. Cover; refrigerate at least 2 hours or overnight until mixture is absorbed into cake.
- Spread frosting over cake.
- Garnish each serving with banana slices and/or toasted coconut. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.35, Glycemic Load:16.11, Inflammation Score:-2, Nutrition Score:6.6273913487144%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 394.28kcal (19.71%), Fat: 13.56g (20.86%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 64.39g (21.46%), Net Carbohydrates: 63.34g (23.03%), Sugar: 48.76g (54.18%), Cholesterol: 47.53mg (15.84%), Sodium: 313.97mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Phosphorus: 199.44mg (19.94%), Vitamin B2: 0.3mg (17.66%), Calcium: 152.69mg (15.27%), Selenium: 9.38µg (13.4%), Folate: 34.24µg (8.56%), Vitamin B1: 0.1mg (6.94%), Vitamin K: 7.25µg (6.9%), Vitamin E: 0.96mg (6.37%), Manganese: 0.11mg (5.54%), Potassium: 191.67mg (5.48%), Iron: 0.9mg (5.01%), Vitamin B3: 0.98mg (4.9%), Vitamin B5: 0.49mg (4.88%), Vitamin B6: 0.09mg (4.68%), Vitamin A: 229.75IU (4.6%), Fiber: 1.06g (4.22%), Magnesium: 15.98mg (3.99%), Zinc: 0.55mg (3.64%), Vitamin B12: 0.19µg (3.24%), Copper: 0.05mg (2.57%), Vitamin C: 2mg (2.42%), Vitamin D: 0.33µg (2.22%)