



## Banana Tres Leches Dessert

READY IN



235 min.

SERVINGS



16

CALORIES



426 kcal

DESSERT

## Ingredients

- ☐ 1 slices banana toasted
- ☐ 1 cup bananas mashed (2 medium)
- ☐ 0.5 cup cream of coconut (from 14-oz can) (not cream of coconut)
- ☐ 3 eggs
- ☐ 1 container fluffy frosting white
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 2 tablespoons vegetable oil
- ☐ 1.3 cups water
- ☐ 0.5 cup whipping cream

☐ 1 box cake mix white

Equipment

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

Directions

- ☐ Heat oven to 350F (325F 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:18.33, Inflammation Score:-2, Nutrition Score:6.7917391009953%

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: 426.1kcal (21.3%), Fat: 14.79g (22.75%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 69.56g (23.19%), Net Carbohydrates: 68.51g (24.91%), Sugar: 53.56g (59.52%), Cholesterol: 47.53mg (15.84%), Sodium: 327.98mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Phosphorus: 200.81mg (20.08%), Vitamin B2: 0.32mg (19.01%), Calcium: 152.92mg (15.29%), Selenium: 9.39µg (13.41%), Folate: 34.84µg (8.71%), Vitamin K: 8.24µg (7.85%), Vitamin E: 1.07mg (7.15%), Vitamin B1: 0.1mg (6.99%), Potassium: 194.26mg (5.55%), Manganese: 0.11mg (5.54%), Iron: 0.91mg (5.08%), Vitamin B3: 1mg (4.99%), Vitamin B5: 0.49mg (4.93%), Vitamin B6: 0.09mg (4.68%), Vitamin A: 229.75IU (4.6%), Fiber: 1.06g (4.22%), Magnesium: 16.06mg (4.01%), Zinc: 0.55mg (3.67%), Vitamin B12: 0.19µg (3.24%), Copper: 0.05mg (2.57%), Vitamin C: 2mg (2.42%), Vitamin D: 0.33µg (2.22%)