



Banana Tres Leches Dessert

READY IN



235 min.

SERVINGS



16

CALORIES



425 kcal

DESSERT

Ingredients

- ☐ 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 betty crocker®
- ☐ 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 betty crocker® supermoist®

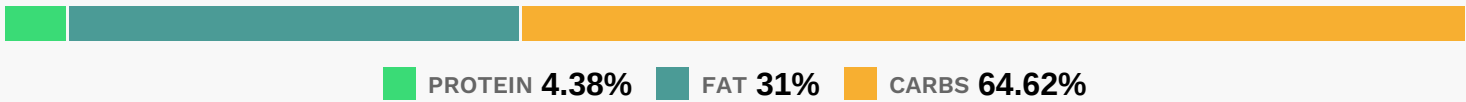
Equipment

- ☐ 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:9.92, Glycemic Load:18.22, Inflammation Score:-2, Nutrition Score:6.7482608090276%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg 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: 425.21kcal (21.26%), Fat: 14.79g (22.75%), Saturated Fat: 6.48g (40.51%), Carbohydrates: 69.34g (23.11%), Net Carbohydrates: 68.31g (24.84%), Sugar: 53.44g (59.38%), Cholesterol: 47.53mg (15.84%), Sodium: 327.97mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Phosphorus: 200.59mg (20.06%), Vitamin B2: 0.32mg (18.97%), Calcium: 152.87mg (15.29%), Selenium: 9.38µg (13.39%), Folate: 34.64µg (8.66%), Vitamin K: 8.23µg (7.84%), Vitamin E: 1.07mg (7.14%), Vitamin B1: 0.1mg (6.97%), Potassium: 190.68mg (5.45%), Manganese: 0.11mg (5.4%), Iron: 0.91mg (5.07%), Vitamin B3: 0.99mg (4.96%), Vitamin B5: 0.49mg (4.89%), Vitamin A: 229.11IU (4.58%), Vitamin B6: 0.09mg (4.5%), Fiber: 1.03g (4.12%), Magnesium: 15.78mg (3.95%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.19µg (3.24%), Copper: 0.05mg (2.53%), Vitamin C: 1.91mg (2.32%), Vitamin D: 0.33µg (2.22%)