



Chocolate Banana Cream Cake

READY IN



45 min.

SERVINGS



12

CALORIES



475 kcal

DESSERT

Ingredients

- ☐ 18.3 ounce reduced sugar devils food cake pillsbury®
- ☐ 2 large bananas
- ☐ 0.7 cup crisco® canola oil
- ☐ 8 ounce cream cheese softened
- ☐ 2 large eggs
- ☐ 11.8 ounce smucker's® fudge spoonable ice cream topping sugar free hot
- ☐ 1 teaspoon imitation banana extract
- ☐ 1 ounce vanilla pudding mix fat free sugar free instant
- ☐ 1 teaspoon juice of lemon

- ☐ 1.8 cups milk divided
- ☐ 8 ounce non-dairy whipped topping frozen sugar free thawed

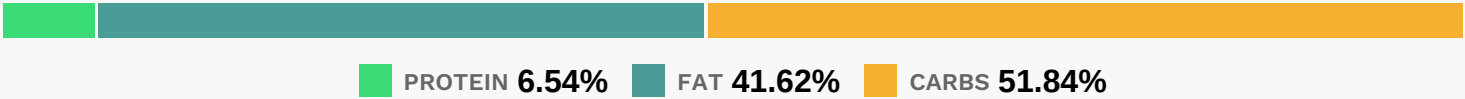
Equipment

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

Directions

- ☐ Heat oven to 350 degrees F. Spray bottom of a 9-inch round springform pan with no-stick cooking spray.
- ☐ Blend cake mix, eggs, oil and 3/4 cup milk in a medium bowl until moistened. Beat with an electric mixer on medium speed for 2 minutes.
- ☐ Spread batter evenly into prepared pan.
- ☐ Bake 38–42 minutes. Cool completely.
- ☐ Blend pudding mix with 1 cup cold milk. In another bowl, beat cream cheese until fluffy.
- ☐ Mix in pudding and banana extract. Blend in whipped topping.
- ☐ Remove 1 cup and reserve. Stir 2/3 cup fudge topping in small bowl until of spreading consistency. Slice bananas 1/4-inch thick. Dip 3 slices in lemon juice. Cover and reserve for garnish.
- ☐ Remove cake from pan.
- ☐ Cut in half horizontally. Cover bottom layer with fudge topping. Top with sliced bananas and remaining 3 cups pudding mixture. Cover with top cake layer.
- ☐ Spread 1 cup reserved pudding onto center of cake.
- ☐ Place 2 tablespoons fudge topping into a corner of a 1-quart resealable bag. Knead.
- ☐ Cut small corner off bag.
- ☐ Drizzle fudge topping over top of cake. Refrigerate at least 1 hour.
- ☐ Garnish with reserved banana slices just before serving.

Nutrition Facts



Properties

Glycemic Index:9.98, Glycemic Load:3.42, Inflammation Score:-5, Nutrition Score:9.922173883604%

Flavonoids

Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 474.66kcal (23.73%), Fat: 22.68g (34.89%), Saturated Fat: 9.6g (59.99%), Carbohydrates: 63.57g (21.19%), Net Carbohydrates: 61.15g (22.24%), Sugar: 37.74g (41.93%), Cholesterol: 55.01mg (18.34%), Sodium: 565.28mg (24.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.69mg (2.23%), Protein: 8.02g (16.05%), Phosphorus: 235.05mg (23.51%), Selenium: 11.55µg (16.49%), Calcium: 159.74mg (15.97%), Vitamin B2: 0.26mg (15.23%), Copper: 0.3mg (14.95%), Iron: 2.55mg (14.15%), Vitamin E: 2.03mg (13.53%), Manganese: 0.27mg (13.32%), Magnesium: 48.03mg (12.01%), Potassium: 412.07mg (11.77%), Fiber: 2.42g (9.67%), Folate: 38.64µg (9.66%), Vitamin B1: 0.12mg (8.08%), Vitamin B6: 0.16mg (7.8%), Vitamin A: 386.83IU (7.74%), Zinc: 0.98mg (6.51%), Vitamin B12: 0.36µg (6.04%), Vitamin B5: 0.54mg (5.36%), Vitamin K: 5.35µg (5.1%), Vitamin B3: 0.99mg (4.95%), Vitamin D: 0.56µg (3.72%), Vitamin C: 2.19mg (2.65%)