



Classic Banana Split Cake

READY IN



125 min.

SERVINGS



16

CALORIES



413 kcal

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 2.5 teaspoons baking soda
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup shortening
- ☐ 1.8 cups sugar
- ☐ 3 eggs
- ☐ 1 teaspoon vanilla
- ☐ 2 cups buttermilk
- ☐ 0.3 cup strawberry-vin santo sauce

- ☐ 1 serving food coloring red
- ☐ 0.3 cup oz. bacon into pieces
- ☐ 1 serving food coloring yellow
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 tablespoons water hot
- ☐ 16 oz non-dairy whipped topping frozen thawed
- ☐ 1 box jello banana pudding mix instant (4-serving size)
- ☐ 3 medium banana thinly sliced
- ☐ 1 serving topping

Equipment

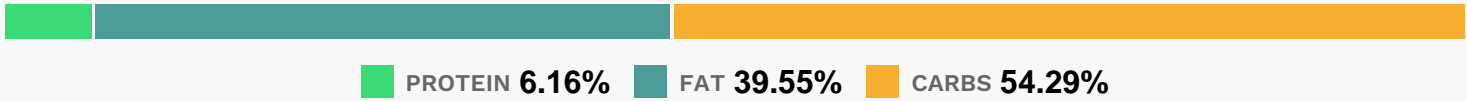
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease and flour three 9-inch round cake pans. In large bowl, mix flour, baking soda and salt; set aside.
- ☐ In large bowl, beat butter, shortening and sugar with electric mixer on medium speed about 3 minutes or until light and fluffy. Beat in eggs, one at a time. Beat in vanilla. Beat in flour mixture alternately with buttermilk. Continue beating on medium speed 1 minute, scraping bowl constantly.
- ☐ Divide batter among 3 bowls (about 2 1/2 cups each). Stir 2 tablespoons of the strawberry topping and 3 drops of the red food color into batter in one bowl. Stir 2 tablespoons of the pineapple topping and 3 drops of the yellow food color into batter in second bowl. In small bowl, mix cocoa and hot water; stir into batter in third bowl.
- ☐ Pour batters into separate pans.
- ☐ Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes.

- ☐ Remove from pans to cooling rack. Cool completely, about 1 hour.
- ☐ In medium bowl, mix whipped topping and pudding mix until well blended.
- ☐ Place strawberry cake layer on serving plate; spread with remaining 2 tablespoons strawberry topping. Top with layer of banana slices; spread with 3/4 cup frosting. Top with chocolate cake layer; spread with remaining 2 tablespoons pineapple topping. Top with layer of banana slices; spread with 3/4 cup frosting. Top with pineapple cake layer. Frost side and top of cake with remaining frosting.
- ☐ Drizzle with chocolate topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:31.11, Inflammation Score:-4, Nutrition Score:7.5039130086484%

Flavonoids

Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 413.15kcal (20.66%), Fat: 18.46g (28.39%), Saturated Fat: 7.18g (44.91%), Carbohydrates: 57.01g (19%), Net Carbohydrates: 55.53g (20.19%), Sugar: 34.35g (38.16%), Cholesterol: 37.08mg (12.36%), Sodium: 503.51mg (21.89%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.47g (12.95%), Selenium: 12.76µg (18.22%), Vitamin B2: 0.26mg (15.09%), Vitamin B1: 0.22mg (14.47%), Folate: 54.14µg (13.53%), Manganese: 0.26mg (12.9%), Phosphorus: 100.06mg (10.01%), Vitamin B3: 1.62mg (8.09%), Iron: 1.45mg (8.04%), Vitamin A: 383.89IU (7.68%), Calcium: 67.61mg (6.76%), Vitamin B6: 0.12mg (6.21%), Vitamin E: 0.91mg (6.04%), Fiber: 1.48g (5.91%), Potassium: 201.02mg (5.74%), Magnesium: 20.73mg (5.18%), Copper: 0.09mg (4.75%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.28µg (4.59%), Vitamin K: 4.67µg (4.44%), Vitamin D: 0.56µg (3.7%), Zinc: 0.5mg (3.3%), Vitamin C: 2.67mg (3.23%)