



## Classic Banana Split Cake

READY IN



125 min.

SERVINGS



16

CALORIES



411 kcal

DESSERT

### Ingredients

- 2.5 teaspoons baking soda
- 3 medium banana thinly sliced
- 0.5 cup butter softened
- 2 cups buttermilk
- 16 servings topping
- 3 eggs
- 3 cups flour all-purpose
- 1 box jello banana pudding mix instant (4-serving size)
- 0.3 cup pineapple

- 16 servings food coloring red
- 1 teaspoon salt
- 0.5 cup shortening
- 0.3 cup strawberry-vin santo sauce
- 1.8 cups sugar
- 2 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla
- 2 tablespoons water hot
- 16 oz non-dairy whipped topping frozen thawed
- 16 servings food coloring yellow

## Equipment

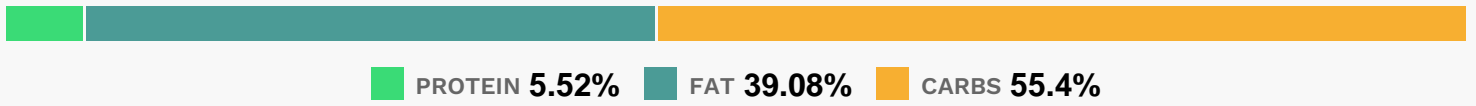
- bowl
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Heat oven to 350F. 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:18.1, Glycemic Load:31.29, Inflammation Score:-4, Nutrition Score:7.7256521867669%

### 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: 411.42kcal (20.57%), Fat: 18.16g (27.95%), Saturated Fat: 6.97g (43.56%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 56.39g (20.51%), Sugar: 34.93g (38.81%), Cholesterol: 34.57mg (11.52%), Sodium: 453.81mg (19.73%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 5.77g (11.54%), Selenium: 12.78µg (18.26%), Vitamin B2: 0.26mg (15.19%), Vitamin B1: 0.22mg (14.63%), Manganese: 0.29mg (14.27%), Folate: 54.64µg (13.66%), Phosphorus: 101.17mg (10.12%), Vitamin B3: 1.63mg (8.16%), Iron: 1.47mg (8.14%), Vitamin A: 385.4IU (7.71%), Calcium: 68.4mg (6.84%), Vitamin B6: 0.13mg (6.36%), Vitamin E: 0.93mg (6.21%), Fiber: 1.54g (6.16%), Potassium: 206.49mg (5.9%), Magnesium: 21.49mg (5.37%), Copper: 0.1mg (5.06%), Vitamin B5: 0.48mg (4.77%), Vitamin C: 3.9mg (4.73%), Vitamin B12: 0.28µg (4.6%), Vitamin K: 4.71µg (4.48%), Vitamin D: 0.56µg (3.7%), Zinc: 0.51mg (3.37%)