



Double-Banana Pudding Cake

READY IN



95 min.

SERVINGS



35

CALORIES



102 kcal

DESSERT

Ingredients

- 1.5 cups fully bananas divided ripe mashed (3)
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 Tbsp powdered sugar
- 0.5 cup planters walnuts chopped
- 0.3 cup water
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

- bowl
- baking sheet
- oven
- whisk
- baking pan
- toothpicks

Directions

- Heat oven to 350F.
- Prepare cake batter as directed on package; stir in 1/2 cup bananas and nuts.
- Pour into 13x9-inch baking dish sprayed with cooking spray.
- Beat pudding mixes, milk and water in medium bowl with whisk 2 min.; stir in remaining bananas.
- Pour over batter in dish; place on baking sheet.
- Bake 55 min. to 1 hour or until toothpick inserted in center comes out clean. Cool 20 min. (Sauce will thicken slightly as it cools.)
- Sprinkle with sugar.
- Serve warm.

Nutrition Facts



PROTEIN 5.18% **FAT 17.26%** **CARBS 77.56%**

Properties

Glycemic Index:3.22, Glycemic Load:0.98, Inflammation Score:-1, Nutrition Score:2.2065217028493%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 102.03kcal (5.1%), Fat: 1.99g (3.06%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.64g (7.14%), Sugar: 12.71g (14.12%), Cholesterol: 1.67mg (0.56%), Sodium: 148mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Phosphorus: 67.18mg (6.72%), Manganese: 0.1mg (5.18%), Calcium: 50.61mg (5.06%), Vitamin B2: 0.06mg (3.61%), Vitamin B1: 0.05mg (3.31%), Folate: 12.97µg (3.24%), Vitamin B6: 0.05mg (2.62%), Copper: 0.04mg (2.19%), Iron: 0.38mg (2.1%), Vitamin B3: 0.42mg (2.09%), Fiber: 0.49g (1.96%), Magnesium: 7.54mg (1.89%), Potassium: 59.35mg (1.7%), Vitamin B12: 0.09µg (1.5%), Vitamin B5: 0.14mg (1.37%), Selenium: 0.91µg (1.3%), Vitamin E: 0.16mg (1.07%), Zinc: 0.16mg (1.06%), Vitamin D: 0.15µg (1.02%)