



Elvis Goopy Butter Cakes

READY IN



65 min.

SERVINGS



20

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1 banana whole
- ☐ 8 tablespoons butter 1 stick
- ☐ 8 tablespoons butter melted 1 stick
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 20 servings mint leaves for garnish
- ☐ 0.5 cup peanut butter
- ☐ 16 ounce powdered sugar

- ☐ 1 teaspoon vanilla
- ☐ 20 servings whipped cream for garnish
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

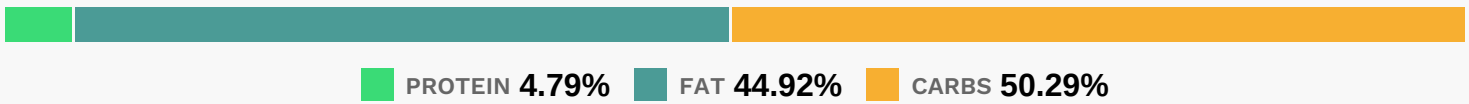
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the cake mix, egg, and butter together and mix well. Pat into a lightly greased glass 13 by 9-inch baking pan. Prepare the filling.
- ☐ Beat the cream cheese until smooth.
- ☐ Add the eggs and vanilla.
- ☐ Add the peanut butter; beat.
- ☐ Add the banana and butter and mix well.
- ☐ Add the powdered sugar and mix well.
- ☐ Spread over the cake mixture.
- ☐ Bake for 45 to 50 minutes. You want the center to be a little gooey, so do not over bake. Top each cake slice with a mint leaf and dollop of whipped cream

Nutrition Facts



Properties

Glycemic Index:12.54, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:5.5521739669468%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg,

Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 376.45kcal (18.82%), Fat: 19.2g (29.54%), Saturated Fat: 10.23g (63.95%), Carbohydrates: 48.36g (16.12%), Net Carbohydrates: 47.5g (17.27%), Sugar: 35.75g (39.72%), Cholesterol: 72.83mg (24.28%), Sodium: 337.44mg (14.67%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 4.6g (9.21%), Phosphorus: 141.68mg (14.17%), Vitamin A: 567.06IU (11.34%), Vitamin B2: 0.16mg (9.27%), Manganese: 0.18mg (8.84%), Vitamin E: 1.32mg (8.8%), Calcium: 85.39mg (8.54%), Folate: 31.13µg (7.78%), Vitamin B3: 1.54mg (7.7%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.08mg (5.35%), Iron: 0.9mg (5.01%), Vitamin B6: 0.1mg (4.78%), Magnesium: 18.86mg (4.72%), Vitamin B5: 0.42mg (4.16%), Fiber: 0.85g (3.41%), Potassium: 114.72mg (3.28%), Copper: 0.06mg (3.22%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.17µg (2.76%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.2µg (1.33%), Vitamin C: 0.83mg (1.01%)