



Tropical Island Banana Cake

 Dairy Free

READY IN



50 min.

SERVINGS



14

CALORIES



613 kcal

DESSERT

Ingredients

- ☐ 20 ounces purchased angel food cakes
- ☐ 1 banana ripe mashed
- ☐ 1 cup chocolate morsels melted chopped
- ☐ 1 tube chocolate icing green store-bought
- ☐ 1 teaspoon imitation banana extract
- ☐ 1 cup candies fruit-shaped
- ☐ 2 cups coconut or sweetened flaked
- ☐ 32 ounces vanilla frosting

☐ 14 servings food coloring yellow

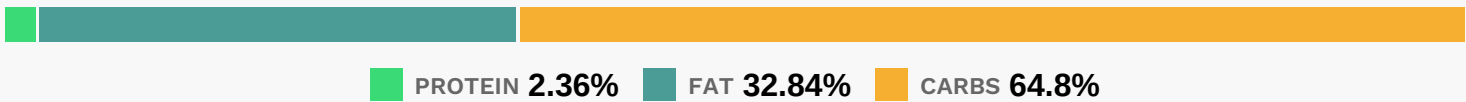
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Special equipment: 1 palm tree decoration, aluminum foil
- ☐ Place 1 cake, wide side down, on a serving platter. Stir frosting and banana extract in a large bowl to blend. Stir in yellow food coloring, 1 drop at a time, until desired color is achieved.
- ☐ Transfer 1/2 cup of banana frosting to a medium bowl; stir in mashed banana.
- ☐ Spread mashed banana mixture over top of cake.
- ☐ Cut 1 (2-inch wide) wedge from second cake.
- ☐ Spread 1/4 cup of yellow frosting over cut ends of second cake. Bring cut ends of second cake together, pressing to adhere.
- ☐ Place second cake, wide side down, atop cake on platter. Tear cut cake wedge into cubes. Fill hole in center of cakes with cake cubes.
- ☐ Spread remaining yellow frosting evenly over top and sides of cake to coat completely.
- ☐ Sprinkle cake with coconut, pressing lightly to adhere.
- ☐ Create an island "volcano" mold by shaping aluminum foil into a volcano shape, measuring 2 to 3 inches in diameter. Dip in melted chocolate and let cool and harden.
- ☐ Place the mold on top of the cake. Fill the center of the mold with green icing and smooth out.
- ☐ Place palm tree decoration inside the mold. Arrange fruit-shaped candy decoratively around the palm tree and base of cake.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:4.8078260765128%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 612.51kcal (30.63%), Fat: 22.58g (34.74%), Saturated Fat: 9.86g (61.61%), Carbohydrates: 100.23g (33.41%), Net Carbohydrates: 98.33g (35.76%), Sugar: 80.78g (89.76%), Cholesterol: 2.23mg (0.74%), Sodium: 386.75mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin B2: 0.3mg (17.84%), Phosphorus: 121.16mg (12.12%), Selenium: 8.31µg (11.87%), Vitamin K: 9.62µg (9.16%), Manganese: 0.16mg (8.24%), Fiber: 1.9g (7.61%), Vitamin E: 1.13mg (7.57%), Calcium: 64.4mg (6.44%), Potassium: 190.36mg (5.44%), Copper: 0.07mg (3.5%), Iron: 0.6mg (3.33%), Folate: 13.18µg (3.3%), Magnesium: 12.44mg (3.11%), Vitamin B1: 0.04mg (2.78%), Vitamin B6: 0.04mg (1.83%), Vitamin B3: 0.36mg (1.82%), Zinc: 0.2mg (1.35%), Vitamin B5: 0.13mg (1.3%)