

Banana Split Cake II

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Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

Servings: 10

CRUST

2 cups graham cracker crumbs

1/2 cup margarine, melted

FILLING

2 cups powdered sugar

2 eggs

1 cup margarine, softened

4 - 6 large bananas, peeled and sliced

1 can (20 ounce) crushed pineapple, drained

1 quart fresh (or frozen) strawberries

1 container (14 ounce) whipped topping

1/2 cup walnuts, chopped

Combine the crumbs and margarine. Press into a 9x13-inch cake pan. Chill in the freezer for 15 minutes.

In a medium mixing bowl, combine the powdered sugar, eggs and margarine. Beat at medium speed for 20 minutes. Spread the creamed mixture over the chilled crust.

Place the bananas over the cream. Spoon the pineapple on the bananas and place the strawberries on top.

Spread the whipped topping and sprinkle with the nuts.

Refrigerate for three hours or overnight.

Per Serving (excluding unknown items): 760 Calories; 37g Fat (41.4% calories from fat); 7g Protein; 110g Carbohydrate; 8g Dietary Fiber; 42mg Cholesterol; 441mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 4 1/2 Fruit; 7 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	760	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	41.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	54.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	37g	Folacin (mcg):	67mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	11g
Cholesterol (mg):	42mg
Carbohydrate (g):	110g
Dietary Fiber (g):	8g
Protein (g):	7g
Sodium (mg):	441mg
Potassium (mg):	1237mg
Calcium (mg):	44mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	1581IU
Vitamin A (r.e.):	317RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1/2
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 760	Calories from Fat: 315
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% Daily Values*

Total Fat 37g	57%
Saturated Fat 8g	39%
Cholesterol 42mg	14%
Sodium 441mg	18%
Total Carbohydrates 110g	37%
Dietary Fiber 8g	31%
Protein 7g	
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Vitamin A	32%
Vitamin C	47%
Calcium	4%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.