

# Banana Split Cake III

*Michael Tyrrell and Melissa Knific  
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## **Servings: 18**

*3 1/2 cups all-purpose flour  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
1 1/2 cups sugar  
1 1/4 cups (2-1/2 sticks) unsalted butter, softened  
4 eggs  
4 medium very-ripe bananas, mashed  
1 teaspoon vanilla extract  
1/2 cup buttermilk  
12 ounces semisweet chocolate, finely chopped  
1 1/4 cups heavy cream  
2/3 cup strawberry preserves  
2/3 cup pineapple preserves  
1/2 cup chopped walnuts  
3 maraschino cherries*

## **Preparation Time: 20 minutes**

### **Bake: 40 minutes**

Preheat the oven to 350 degrees.

Butter and flour two eight-inch cake pans. Line the bottom of pans with parchment paper.

Whisk together the flour, baking soda and salt.

In another bowl, beat the sugar and butter until fluffy, 2 to 3 minutes. Add the eggs to the butter mixture one at a time, beating after each. Stir in the mashed bananas and vanilla. Beat in half of the flour mixture, followed by the buttermilk and then remaining flour mixture. Pour the batter evenly into the cake pans. Bake for 35 to 40 minutes, until a toothpick inserted in the middle of the cake comes out clean. Cool in the pans for 15 minutes, then turn onto wire racks and cool.

Place the chopped chocolate in the bowl of a stand mixer. Bring the cream to a low boil, then pour over the chocolate. Stir until smooth. Place the bowl onto a stand mixer fitted with a whisk attachment. Beat on medium-high speed until fluffy, 5 to 7 minutes. Let stand 10 minutes.

Trim the cakes to flatten the tops. Carefully slice each cake in half horizontally, creating four layers. Place one layer on a stand. Spread on the strawberry preserves. Top with another layer. Spread 2/3 cup of the ganache on top. Stack on another layer. Spread on the pineapple preserves. Top with the final layer. Ice the cake with the remaining ganache. Scatter walnuts over the top and place cherries in the center of the cake. (the cake may be easier to slice if refrigerated for one hour before serving..

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Per Serving (excluding unknown items): 475 Calories; 22g Fat (39.4% calories from fat); 6g Protein; 68g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 281mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat; 3 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	475	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	39.4%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	55.5%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	5.1%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	22g	<b>Folacin (mcg):</b>	51mcg
<b>Saturated Fat (g):</b>	12g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	6g	<b>Caffeine (mg):</b>	12mg
<b>Polyunsaturated Fat (g):</b>	2g	<b>Alcohol (kcal):</b>	1
<b>Cholesterol (mg):</b>	87mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	68g		
<b>Dietary Fiber (g):</b>	1g		
<b>Protein (g):</b>	6g		
<b>Sodium (mg):</b>	281mg		
<b>Potassium (mg):</b>	215mg		
<b>Calcium (mg):</b>	48mg		
<b>Iron (mg):</b>	2mg		
<b>Zinc (mg):</b>	1mg		
<b>Vitamin C (mg):</b>	1mg		
<b>Vitamin A (i.u.):</b>	556IU		
<b>Vitamin A (r.e.):</b>	147RE		

**Food Exchanges**

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4
<b>Other Carbohydrates:</b>	3 1/2

**Nutrition Facts**

Servings per Recipe: 18

**Amount Per Serving**

**Calories** 475                      **Calories from Fat:** 187

**% Daily Values\***

<b>Total Fat</b> 22g	33%
Saturated Fat 12g	58%
<b>Cholesterol</b> 87mg	29%
<b>Sodium</b> 281mg	12%
<b>Total Carbohydrates</b> 68g	23%
Dietary Fiber 1g	5%
<b>Protein</b> 6g	
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	2%
<b>Calcium</b>	5%
<b>Iron</b>	12%

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