

# Banana Split Cheesecake

*Cherie Sweet - Evansville, IN*

*Taste of Home's Light & Tasty Magazine - December/January 2007*

## **Servings: 8**

*1 can (8 ounces) unsweetened crushed pineapple*  
*2 medium firm bananas, sliced*  
*1 eight-inch reduced-fat graham cracker crust*  
*1 package (8 ounce) fat-free cream cheese*  
*1 1/2 cups pineapple sherbet, softened*  
*1 package (one ounce) sugar-free instant vanilla pudding mix*  
*1 carton (8 ounce) frozen reduced-fat whipped topping, thawed and divided*  
*4 maraschino cherries, divided*  
*1 tablespoon chocolate syrup*  
*1 tablespoon caramel ice cream topping*  
*1 tablespoon chopped pecans*

## **Preparation Time: 35 minutes**

Drain the pineapple, reserving the juice.

In a small bowl, combine the bananas and two tablespoons of the reserved juice. Let stand for 5 minutes. Drain the bananas, discarding the juice. Arrange the bananas over the bottom of the crust. Set aside.

In a large mixing bowl, beat the cream cheese and two tablespoons of the reserved pineapple juice. Gradually beat in the sherbet. Gradually beat in the pudding mix: beat for two minutes longer. Refrigerate 1/3 cup of the pineapple until serving. Fold the remaining pineapple into the cream cheese mixture. Fold in two cups of the whipped topping. Spread evenly over the banana slices. Cover and freeze until firm.

Remove from the freezer for 10 to 15 minutes before serving. Chop three maraschino cherries and pat dry. Arrange the cherries and reserved pineapple around the edge of the pie. Drizzle with the chocolate syrup and caramel topping. Dollop the remaining whipped topping onto the center of the pie. Sprinkle with pecans and top with the remaining cherry.

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Per Serving (excluding unknown items): 161 Calories; 1g Fat (5.1% calories from fat); 1g Protein; 39g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 81mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 2 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	161	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	5.1%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	92.8%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.1%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	2mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	trace	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	39g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	81mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	175mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	26mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	2 1/2
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	34IU		
<b>Vitamin A (r.e.):</b>	10RE		

**Nutrition Facts**

Servings per Recipe: 8

**Amount Per Serving**

**Calories** 161 **Calories from Fat:** 8

**% Daily Values\***

<b>Total Fat</b> 1g	1%
Saturated Fat trace	1%
<b>Cholesterol</b> trace	0%
<b>Sodium</b> 81mg	3%
<b>Total Carbohydrates</b> 39g	13%
Dietary Fiber 1g	5%
<b>Protein</b> 1g	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	0%
<b>Calcium</b>	3%
<b>Iron</b>	2%

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