

Banana Pudding Cake

John Gawron

Community Living Committee - All Saint's Church Hammond, IN 1987

2 small ripe bananas
1 package yellow cake mix
1 package instant banana pudding
and pie filling
4 eggs
1 cup water
1/4 cup oil
1/2 cup nuts, chopped

Preheat the oven to 350 degrees.

Slice the bananas into a large mixer bowl. Beat until well mashed.

Add the remaining ingredients and blend. Beat at medium speed of the mixer for two minutes.

Pour into a well-greased and floured 10-inch Bundt pan.

Bake for 60 to 70 minutes. Cool for 15 minutes.

The cake can also be baked in a 9x13-inch pan for 50 to 55 minutes.

Per Serving (excluding unknown items): 1216 Calories; 114g Fat (82.7% calories from fat); 37g Protein; 17g Carbohydrate; 7g Dietary Fiber; 848mg Cholesterol; 295mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 19 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1216	Vitamin B6 (mg):	.4mg
% Calories from Fat:	82.7%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	5.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	11.9%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	114g	Folacin (mcg):	155mcg
Saturated Fat (g):	19g	Niacin (mg):	4mg
Monounsaturated Fat (g):	62g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	24g	Alcohol (kcal):	0
Cholesterol (mg):	848mg	% Refuse:	0 0%

Carbohydrate (g):	17g
Dietary Fiber (g):	7g
Protein (g):	37g
Sodium (mg):	295mg
Potassium (mg):	681mg
Calcium (mg):	185mg
Iron (mg):	6mg
Zinc (mg):	6mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	989IU
Vitamin A (r.e.):	281 1/2RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	19 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1216 Calories from Fat: 1006

% Daily Values*

Total Fat 114g	176%
Saturated Fat 19g	94%
Cholesterol 848mg	283%
Sodium 295mg	12%
Total Carbohydrates 17g	6%
Dietary Fiber 7g	28%
Protein 37g	
Vitamin A	20%
Vitamin C	1%
Calcium	19%
Iron	33%

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