



## Angel Toffee Dessert

 Dairy Free

READY IN



217 min.

SERVINGS



16

CALORIES



207 kcal

DESSERT

### Ingredients

- 1 package angel food cake mix white
- 6.8 ounces chocolate bar crushed (1 cup)
- 1.3 cups water cold
- 8 ounces non-dairy whipped topping frozen thawed

### Equipment

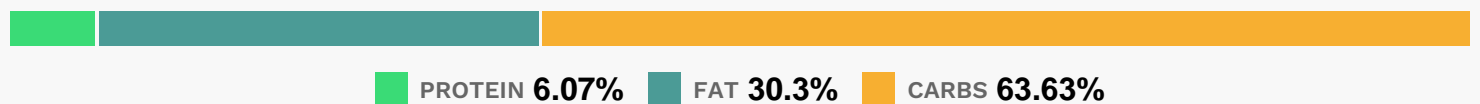
- bowl
- frying pan
- oven

- knife
- cake form

## Directions

- Move oven rack to lowest position (remove other racks). Preheat oven to 350F.
- Beat cake mix and cold water in extra-large glass or metal bowl on low speed 30 seconds; beat on medium speed 1 minute.
- Pour into ungreased 10x4-inch angel food cake pan (tube pan). (Do not use fluted tube cake pan or 9x3 1/2-inch angel food pan, or batter will overflow.)
- Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately turn pan upside down onto glass bottle until cake is completely cool, about 1 hour. Run knife around edges; remove from pan.
- Crush or finely chop candy bars; reserve 1/3 cup. Fold remaining crushed candy into whipped topping.
- Tear cake into about 1-inch pieces.
- Mix cake pieces and whipped topping mixture. Press lightly in ungreased 13x9x2-inch rectangular pan.
- Sprinkle with reserved crushed candy. Freeze dessert about 1 1/2 hours or until firm.
- Cut into squares or spoon into dessert dishes. Freeze any remaining dessert.

## Nutrition Facts



## Properties

Glycemic Index:1.44, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:4.2473912796249%

## Nutrients (% of daily need)

Calories: 206.9kcal (10.34%), Fat: 7.03g (10.82%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 31.78g (11.55%), Sugar: 23.58g (26.2%), Cholesterol: 0.64mg (0.21%), Sodium: 246.25mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.57mg (3.19%), Protein: 3.17g (6.34%), Phosphorus: 142.74mg (14.27%), Manganese: 0.27mg (13.66%), Copper: 0.24mg (12.11%), Iron: 1.51mg (8.41%), Magnesium: 31.56mg (7.89%), Selenium: 4.72µg (6.74%), Calcium: 62.67mg (6.27%), Fiber: 1.45g (5.78%), Vitamin B2: 0.1mg (5.75%), Potassium: 125.59mg (3.59%), Folate: 12.32µg (3.08%), Zinc: 0.46mg (3.05%), Vitamin K: 1.36µg (1.29%),

Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.25%), Vitamin B3: 0.22mg (1.08%)