



Banana-Caramel Toffee Cake

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



73 kcal

DESSERT

Ingredients

- 2 bananas
- 25 caramels kraft
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.8 cup milk
- 16 oz round cake frozen thawed
- 2 Tbsp toffee bits
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- whisk
- microwave

Directions

- Microwave caramels and milk in microwaveable bowl on HIGH 2 min.; stir. Microwave 2 min. or until caramels are completely melted and sauce is well blended, stirring after each minute.
- Add dry pudding mix; whisk 2 min. Cool 15 min. Gently stir in 1-1/2 cups COOL WHIP. Refrigerate 20 min. or until chilled.
- Slice bananas.
- Cut cake into 3 horizontal layers; stack on plate, filling layers with caramel sauce and bananas.
- Top with remaining COOL WHIP and toffee bits.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:3.28, Inflammation Score:-1, Nutrition Score:1.1913043480852%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 72.58kcal (3.63%), Fat: 1.58g (2.43%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 13.71g (4.98%), Sugar: 10.33g (11.48%), Cholesterol: 10.75mg (3.58%), Sodium: 86.51mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin B2: 0.05mg (2.97%), Phosphorus: 26.45mg (2.64%), Calcium: 21.51mg (2.15%), Vitamin B1: 0.03mg (2.11%), Selenium: 1.16µg (1.66%), Manganese: 0.03mg (1.63%), Iron: 0.27mg (1.51%), Vitamin B6: 0.03mg (1.4%), Folate: 5.56µg (1.39%), Potassium: 47.34mg (1.35%), Vitamin B3: 0.22mg (1.11%), Vitamin B12: 0.07µg (1.1%), Vitamin B5: 0.1mg (1.05%)