



## Banana Caramel Toffee Cake

 Gluten Free

READY IN



50 min.

SERVINGS



16

CALORIES



227 kcal

DESSERT

### Ingredients

- 2 bananas
- 25 caramels kraft
- 3.4 ounce jell-o vanilla flavor pudding instant
- 0.8 cup milk
- 16 ounce round cake frozen thawed
- 2 tablespoons toffee bits
- 8 ounce 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:13.05, Glycemic Load:10.27, Inflammation Score:-1, Nutrition Score:3.7256522049075%

## Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 226.83kcal (11.34%), Fat: 4.93g (7.59%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 42.83g (15.58%), Sugar: 32.29g (35.87%), Cholesterol: 33.59mg (11.2%), Sodium: 270.35mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 82.65mg (8.26%), Calcium: 67.21mg (6.72%), Vitamin B1: 0.1mg (6.6%), Selenium: 3.64µg (5.19%), Manganese: 0.1mg (5.1%), Iron: 0.85mg (4.73%), Vitamin B6: 0.09mg (4.38%), Folate: 17.36µg (4.34%), Potassium: 147.93mg (4.23%), Vitamin B3: 0.7mg (3.48%), Vitamin B12: 0.21µg (3.45%), Vitamin B5: 0.33mg (3.27%), Magnesium: 12.2mg (3.05%), Fiber: 0.56g (2.25%), Vitamin A: 109.97IU (2.2%), Zinc: 0.3mg (2%), Copper: 0.03mg (1.74%), Vitamin E: 0.25mg (1.66%), Vitamin C: 1.35mg (1.64%), Vitamin D: 0.18µg (1.22%)