



Caramel Banana Bread Trifle

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



25

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 1 loaf banana bread 1-inch-thick cut into cubes
- ☐ 6.8 ounce butterscotch pudding instant
- ☐ 20 ounce mrs richardson's butterscotch caramel sauce
- ☐ 2 cups heavy cream
- ☐ 8 ounce half an container mascarpone softened
- ☐ 1 pecan pie cut into small squares
- ☐ 25 servings pecans chopped for garnish
- ☐ 0.5 cup powdered sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 4 tablespoons irish whiskey such as crown royal, plus more for drizzling

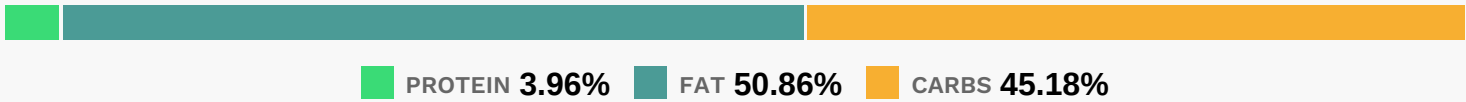
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Make the pudding according to package instructions. Stir in 3 tablespoons of the whiskey.
- ☐ Whip the heavy cream to soft peaks, adding the powdered sugar a little at a time. Stir in the vanilla.
- ☐ Whisk the mascarpone to make it light and fluffy. Fold it into the whipped cream. Fold in the remaining 1 tablespoon whiskey.
- ☐ In a trifle dish or punch bowl, place a single layer of banana bread cubes and zucchini bread cubes into the bottom of the bowl.
- ☐ Drizzle over some of the whiskey to moisten the bread.
- ☐ Spread half the pie squares over the top. Evenly spread half the pudding on top, and then a layer of half the whipped cream. Top with half the caramel sauce. Repeat with the remaining ingredients, topping the whole thing with the chopped pecans. Cover and refrigerate for at least an hour before serving.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.5104347674743%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

Nutrients (% of daily need)

Calories: 246.35kcal (12.32%), Fat: 13.9g (21.38%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 27.49g (9.99%), Sugar: 17.21g (19.12%), Cholesterol: 38.4mg (12.8%), Sodium: 155.15mg (6.75%), Alcohol: 0.92g (100%), Alcohol %: 1.41% (100%), Protein: 2.43g (4.87%), Vitamin A: 517.1IU (10.34%), Manganese: 0.1mg (4.91%), Vitamin B2: 0.08mg (4.66%), Calcium: 44.72mg (4.47%), Selenium: 3.1µg (4.43%), Phosphorus: 36.5mg (3.65%), Vitamin B1: 0.04mg (2.89%), Vitamin D: 0.3µg (2.03%), Potassium: 66.83mg (1.91%), Folate: 7.54µg (1.89%), Vitamin B6: 0.04mg (1.87%), Iron: 0.31mg (1.7%), Vitamin B12: 0.1µg (1.68%), Magnesium: 6.59mg (1.65%), Vitamin B5: 0.15mg (1.54%), Vitamin E: 0.22mg (1.5%), Copper: 0.03mg (1.49%), Vitamin B3: 0.29mg (1.46%), Fiber: 0.3g (1.2%), Zinc: 0.17mg (1.13%)