



Caramel Swirl Ice Box Cake

READY IN



12 min.

SERVINGS



10

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 0.5 cup caramel syrup fat-free divided
- ☐ 3.5 cups vanilla yogurt frozen low-fat softened
- ☐ 21 ladyfingers split divided
- ☐ 10 ounce raspberries in syrup light frozen thawed
- ☐ 0.8 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

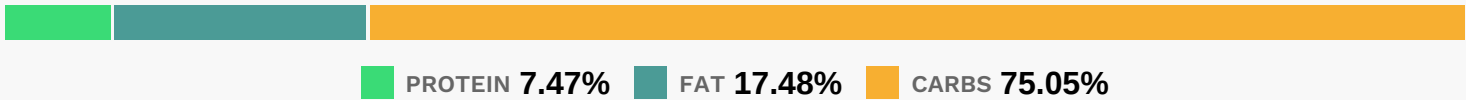
- ☐ frying pan
- ☐ knife

☐ plastic wrap

Directions

- ☐ Line an 8 1/2- x 4 1/2- x 3-inch loafpan with plastic wrap, smoothing plastic wrap in corners and on sides of pan. Arrange one-third of ladyfinger halves, cut sides facing in, on bottom and around sides of loafpan; set aside.
- ☐ Fold whipped topping into yogurt. Spoon half of yogurt mixture into prepared loafpan. Spoon 1/4 cup caramel syrup over yogurt mixture. Swirl caramel syrup with a knife to create a marbled effect. Arrange half of remaining ladyfinger halves on top of caramel. Repeat layers with remaining yogurt mixture, remaining 1/4 cup caramel syrup, and remaining ladyfinger halves. Cover and freeze at least 8 hours.
- ☐ To serve, invert dessert onto a serving plate, carefully peeling away plastic wrap.
- ☐ Cut into 10 slices, and top evenly with raspberries.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.1856522028861%

Nutrients (% of daily need)

Calories: 275.73kcal (13.79%), Fat: 5.66g (8.71%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 54.68g (18.23%), Net Carbohydrates: 54.45g (19.8%), Sugar: 36.74g (40.82%), Cholesterol: 52.17mg (17.39%), Sodium: 140.52mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.89%), Vitamin B2: 0.22mg (12.75%), Phosphorus: 113.55mg (11.35%), Calcium: 111.36mg (11.14%), Vitamin B5: 0.6mg (6.01%), Vitamin B12: 0.35µg (5.85%), Vitamin B1: 0.09mg (5.69%), Iron: 0.98mg (5.47%), Folate: 21.21µg (5.3%), Vitamin A: 249.62IU (4.99%), Potassium: 145.59mg (4.16%), Vitamin B6: 0.07mg (3.48%), Manganese: 0.07mg (3.36%), Zinc: 0.48mg (3.2%), Vitamin B3: 0.64mg (3.18%), Selenium: 1.95µg (2.78%), Magnesium: 10.79mg (2.7%), Copper: 0.04mg (2.13%)