



Chocolate-Banana Trifle

READY IN



45 min.

SERVINGS



16

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 16 ounce angel food cake cut into 1-inch cubes
- ☐ 2 cups banana divided sliced
- ☐ 1 tablespoon cornstarch
- ☐ 0.7 cup evaporated milk fat-free
- ☐ 3 cups milk fat-free
- ☐ 0.3 cup kahlua (coffee-flavored liqueur)
- ☐ 0.7 cup sugar
- ☐ 2.8 ounce toffee candy bars english chopped (such as Skor or Heath bars)
- ☐ 3 tablespoons cocoa unsweetened

- ☐ 10.2 ounce vanilla pudding mix sugar-free instant (not)
- ☐ 12 ounce non-dairy whipped topping frozen divided thawed reduced-calorie

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a medium saucepan; bring to a boil. Cook until sugar is dissolved and mixture is thick (about 3 minutes), stirring frequently.
- ☐ Remove from heat; stir in Kahla. Cool.
- ☐ Combine chocolate mixture and cake in a large bowl; stir in chopped candy bars, reserving 1 tablespoon for topping. Set aside.
- ☐ Beat 3 cups milk and pudding mix at medium speed of a mixer until well-blended. Stir in cake mixture. Cover; chill 15 minutes.
- ☐ Spoon half of cake mixture into a trifle dish or bowl. Arrange 1 cup bananas evenly over cake mixture; top with half of whipped topping. Repeat layers; end with whipped topping.
- ☐ Sprinkle with reserved 1 tablespoon chopped candy bar. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:8.64, Inflammation Score:-2, Nutrition Score:4.9313043096791%

Flavonoids

Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 310.78kcal (15.54%), Fat: 5.62g (8.64%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 60.27g (20.09%), Net Carbohydrates: 59.15g (21.51%), Sugar: 46.72g (51.92%), Cholesterol: 5.99mg (2%), Sodium: 323.02mg (14.04%), Alcohol: 0.8g (100%), Alcohol %: 0.63% (100%), Protein: 5.22g (10.44%), Phosphorus: 163.41mg (16.34%), Calcium: 130.33mg (13.03%), Vitamin B2: 0.18mg (10.82%), Selenium: 6.56µg (9.37%), Potassium: 253.45mg (7.24%), Vitamin B12: 0.33µg (5.57%), Manganese: 0.11mg (5.43%), Magnesium: 21.54mg (5.39%), Vitamin B6: 0.11mg (5.37%), Fiber: 1.12g (4.48%), Vitamin B1: 0.06mg (4.16%), Copper: 0.08mg (3.94%), Vitamin D: 0.52µg (3.44%), Vitamin B5: 0.33mg (3.27%), Zinc: 0.44mg (2.95%), Vitamin A: 146.54IU (2.93%), Folate: 10.13µg (2.53%), Vitamin C: 1.83mg (2.22%), Iron: 0.31mg (1.7%), Vitamin B3: 0.28mg (1.42%)