



Chocolate Toffee Trifle

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



747 kcal

DESSERT

Ingredients

- ☐ 8 tablespoons butter 1 stick
- ☐ 0.5 cup rum / brandy / coffee liqueur
- ☐ 3 chocolate covered toffee candy bars
- ☐ 1.7 cups evaporated milk
- ☐ 4 ounce bar german chocolate
- ☐ 1 box chocolate cake mix recommended: Duncan Hines
- ☐ 1.5 cups heavy cream whipped sweetened with 1/3 cup sugar
- ☐ 3 cups powdered sugar

- ☐ 0.5 ounce chocolate unsweetened
- ☐ 1.3 teaspoons vanilla

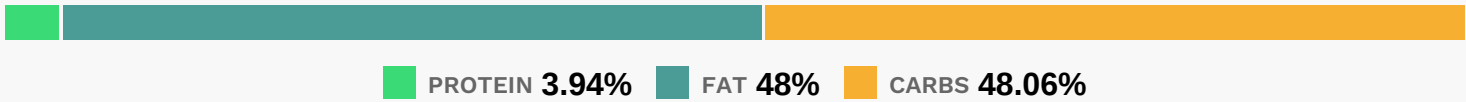
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Prepare the cake according to the package directions for a 9 by 13-inch cake. Cool thoroughly.
- ☐ Prick the entire top of the cake with a fork.
- ☐ Pour coffee liqueur over the cake and allow it to soak in. Wrap the cake with plastic and refrigerate for at least 3 hours. Slice the cake into 1-inch thick pieces.
- ☐ Line the bottom of a large glass bowl with a single layer of cake.
- ☐ Pour 1/4 of the fudge sauce over the cake, top with 1/4 of the candy bar-bits then 1/3 of the whipped cream. Repeat layering 2 more times ending with fudge sauce and candy bits. Refrigerate until ready to serve.
- ☐ To make the sauce: Melt the German chocolate with the butter in a saucepan over very low heat. Stir in the powdered sugar, alternating with evaporated milk and blending well. Stirring constantly, bring the mixture to a simmer over medium heat. Simmer until the mixture becomes thick and creamy, about 8 minutes. Stir in the vanilla.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:10.500869626584%

Flavonoids

Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg

Nutrients (% of daily need)

Calories: 746.86kcal (37.34%), Fat: 39.86g (61.33%), Saturated Fat: 21.84g (136.53%), Carbohydrates: 89.8g (29.93%), Net Carbohydrates: 87.62g (31.86%), Sugar: 70.26g (78.07%), Cholesterol: 76.85mg (25.62%), Sodium: 486.3mg (21.14%), Alcohol: 2.73g (100%), Alcohol %: 1.72% (100%), Caffeine: 12.61mg (4.2%), Protein: 7.37g (14.73%), Phosphorus: 256.87mg (25.69%), Iron: 4.21mg (23.38%), Calcium: 208.65mg (20.86%), Copper: 0.38mg (19.02%), Vitamin A: 909.63IU (18.19%), Vitamin B2: 0.29mg (16.94%), Manganese: 0.32mg (16.23%), Magnesium: 56.95mg (14.24%), Selenium: 8.41µg (12.01%), Potassium: 379.71mg (10.85%), Fiber: 2.19g (8.75%), Folate: 32.3µg (8.08%), Vitamin E: 1.19mg (7.93%), Zinc: 1.18mg (7.89%), Vitamin B1: 0.11mg (7.06%), Vitamin B5: 0.47mg (4.68%), Vitamin B3: 0.91mg (4.55%), Vitamin K: 4.57µg (4.35%), Vitamin D: 0.61µg (4.09%), Vitamin B12: 0.17µg (2.78%), Vitamin B6: 0.05mg (2.72%), Vitamin C: 1.01mg (1.23%)