



Coffee-Toffee Dessert

READY IN



45 min.

SERVINGS



14

CALORIES



236 kcal

Ingredients

- 10.8 ounce angel food cake
- 5.6 ounce chocolate-covered toffee candy bars crushed
- 1 tablespoon coffee granules instant
- 2 tablespoons kahlua
- 4 cups vanilla nonfat yogurt frozen softened
- 1 teaspoon vanilla extract
- 1 tablespoon water hot
- 8 ounce non-dairy whipped topping frozen thawed reduced-calorie

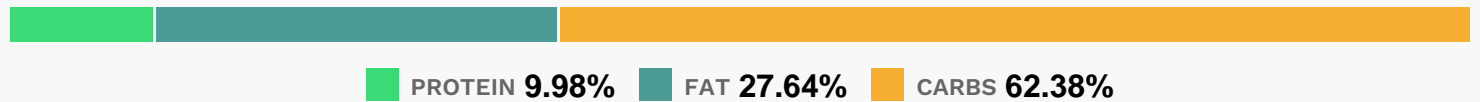
Equipment

- bowl
- springform pan

Directions

- Cut cake into 1/2-inch slices. Arrange cake slices, overlapping, in bottom of a 9-inch springform pan; set aside.
- Combine coffee granules, hot water, and vanilla in a medium bowl; stir well. Stir in yogurt and crushed candy bars.
- Spread yogurt mixture over cake slices. Gently stir the Kahla into whipped topping, and spread over yogurt mixture. Cover and freeze for 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:1.64, Glycemic Load:0.91, Inflammation Score:-2, Nutrition Score:6.0704347439434%

Nutrients (% of daily need)

Calories: 235.98kcal (11.8%), Fat: 7.17g (11.03%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 35.13g (12.78%), Sugar: 27.52g (30.58%), Cholesterol: 2.06mg (0.69%), Sodium: 166.15mg (7.22%), Alcohol: 0.56g (100%), Alcohol %: 0.58% (100%), Caffeine: 20.29mg (6.76%), Protein: 5.82g (11.65%), Phosphorus: 181.82mg (18.18%), Calcium: 145.03mg (14.5%), Manganese: 0.27mg (13.29%), Selenium: 8.74µg (12.48%), Copper: 0.23mg (11.26%), Vitamin B2: 0.19mg (11.15%), Magnesium: 40.44mg (10.11%), Iron: 1.48mg (8.23%), Potassium: 275.69mg (7.88%), Vitamin B12: 0.4µg (6.66%), Zinc: 0.94mg (6.26%), Fiber: 1.28g (5.12%), Vitamin B1: 0.05mg (3.42%), Folate: 9.62µg (2.4%), Vitamin K: 2.14µg (2.04%), Vitamin B6: 0.04mg (1.84%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.19mg (1.28%)