



## Easy Chocolate Trifle

READY IN



95 min.

SERVINGS



35

CALORIES



135 kcal

DESSERT

### Ingredients

- 5.6 oz chocolate-covered toffee bars finely chopped
- 1 pkg chocolate cake mix (2-layer size)
- 7.8 oz jell-o chocolate flavor pudding instant
- 4 cups milk cold
- 8 oz cool whip whipped topping thawed

### Equipment

- bowl
- frying pan

oven

whisk

## Directions

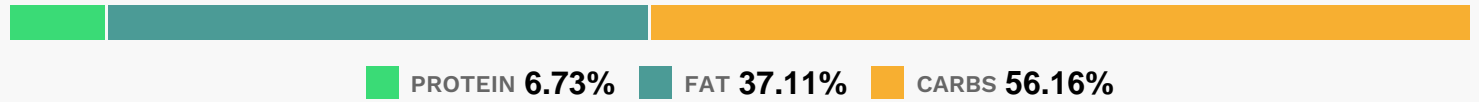
Prepare cake batter and bake in 13x9-inch pan as directed on package. Cool completely.

Beat pudding mixes and milk in medium bowl with whisk 2 min.

Cut cake into 1/2-inch cubes.

Layer half each of the cake, pudding, COOL WHIP and chopped chocolate in trifle bowl.  
Repeat layers.

## Nutrition Facts



## Properties

Glycemic Index:1.74, Glycemic Load:0.86, Inflammation Score:-1, Nutrition Score:3.3778260738953%

## Nutrients (% of daily need)

Calories: 135.08kcal (6.75%), Fat: 5.72g (8.8%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 18.46g (6.71%), Sugar: 12.97g (14.41%), Cholesterol: 3.61mg (1.2%), Sodium: 208.28mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.43mg (1.81%), Protein: 2.34g (4.67%), Phosphorus: 84.8mg (8.48%), Copper: 0.15mg (7.64%), Manganese: 0.14mg (7.01%), Iron: 1.18mg (6.57%), Calcium: 61.48mg (6.15%), Magnesium: 22.79mg (5.7%), Vitamin B2: 0.07mg (4.18%), Fiber: 1.02g (4.07%), Potassium: 136.45mg (3.9%), Selenium: 2.68µg (3.83%), Vitamin B12: 0.18µg (2.94%), Zinc: 0.41mg (2.73%), Vitamin B1: 0.04mg (2.67%), Vitamin D: 0.31µg (2.04%), Folate: 8.04µg (2.01%), Vitamin B3: 0.3mg (1.48%), Vitamin E: 0.21mg (1.43%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg (1.28%), Vitamin K: 1.19µg (1.13%), Vitamin A: 52.11IU (1.04%)