



Festive Choco-Banana Torte

READY IN



200 min.

SERVINGS



20

CALORIES



178 kcal

Ingredients

- 2 bananas sliced
- 3.4 oz vanilla pudding instant
- 3 cups marshmallows miniature divided
- 2 cups milk divided
- 6 oz semi-sweet baking chocolate
- 1 large strawberry fresh cut into fan
- 40 vanilla wafers divided
- 1.5 cups non-dairy whipped topping frozen divided thawed

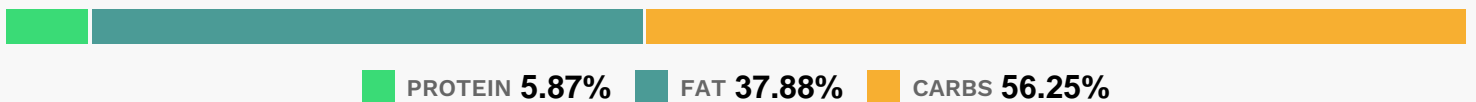
Equipment

- bowl
- frying pan
- knife
- whisk
- microwave
- springform pan

Directions

- Arrange 24 wafers, flat-sides down, on bottom of parchment-lined 9-inch springform pan.
- Reserve 1/2 oz. chocolate. Microwave remaining chocolate, 1 cup marshmallows and 1/2 cup milk in microwaveable bowl on HIGH 2 min.; stir until smooth.
- Pour over wafers in pan.
- Stand remaining wafers, rounded-sides out, around edge of pan, pressing slightly into chocolate to secure; top with bananas.
- Beat pudding mix and remaining milk in medium bowl with whisk 2 min. Stir in 1 cup whipped topping and remaining marshmallows; spread over bananas. Refrigerate several hours or until chilled.
- Run knife under warm running water; use to loosen dessert from rim of pan.
- Remove rim.
- Cut reserved chocolate piece into shavings. Top torte with remaining whipped topping, chocolate shavings and strawberry.

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:12.08, Inflammation Score:-3, Nutrition Score:5.007826069127%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg, Catechin: 6.23mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin:

0.01mg Epicatechin: 12.07mg, Epicatechin: 12.07mg, Epicatechin: 12.07mg, Epicatechin: 12.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 178.34kcal (8.92%), Fat: 8.13g (12.51%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 25.22g (9.17%), Sugar: 16.02g (17.8%), Cholesterol: 3.16mg (1.05%), Sodium: 100.34mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 2.83g (5.67%), Manganese: 0.39mg (19.67%), Copper: 0.29mg (14.7%), Magnesium: 34.64mg (8.66%), Iron: 1.54mg (8.57%), Fiber: 1.95g (7.8%), Phosphorus: 71.48mg (7.15%), Zinc: 0.95mg (6.32%), Vitamin B1: 0.08mg (5.45%), Vitamin B2: 0.08mg (4.97%), Potassium: 168.6mg (4.82%), Calcium: 43.87mg (4.39%), Folate: 15.87µg (3.97%), Vitamin B6: 0.06mg (3.12%), Vitamin B3: 0.55mg (2.74%), Vitamin B12: 0.14µg (2.38%), Selenium: 1.58µg (2.26%), Vitamin C: 1.82mg (2.21%), Vitamin D: 0.27µg (1.79%), Vitamin B5: 0.15mg (1.47%), Vitamin K: 1.17µg (1.11%), Vitamin A: 51.4IU (1.03%)