



Mocha-Chocolate Trifle

READY IN



45 min.

SERVINGS



16

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 18.3 ounce devil's food cake mix light
- ☐ 0.5 cup chocolate toffee bars sweet crisp chopped reduced-fat (4 bars) (such as Hershey's Escapes)
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 3 cups milk fat-free cold
- ☐ 5.9 ounce chocolate pudding mix instant
- ☐ 0.5 cup strong coffee decoction brewed (coffee-flavored liqueur)
- ☐ 2 tablespoons vegetable oil

- ☐ 1.3 cups water
- ☐ 8 ounce carton whipped topping fat-free frozen thawed

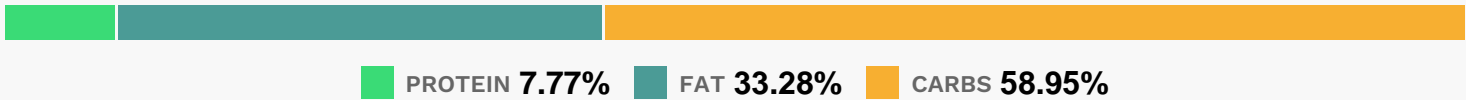
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 5 ingredients in a large bowl; beat at medium speed of a mixer until well-blended. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack.
- ☐ Combine milk and pudding mix in a medium bowl; prepare according to package directions.
- ☐ Tear half of cake into pieces; place in a 3-quart bowl or trifle dish.
- ☐ Pour half of Kahla over cake pieces; top with half of pudding, whipped topping, and chocolate bars. Repeat procedure with remaining cake, Kahla, pudding, whipped topping, and chocolate bars. Cover; chill at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:3.52, Glycemic Load:1.19, Inflammation Score:-3, Nutrition Score:7.4839130069899%

Nutrients (% of daily need)

Calories: 269.07kcal (13.45%), Fat: 10.33g (15.89%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 39.34g (14.31%), Sugar: 25.42g (28.24%), Cholesterol: 15.44mg (5.15%), Sodium: 458.71mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.63mg (3.88%), Protein: 5.43g (10.85%), Phosphorus: 177.5mg (17.75%), Vitamin B2: 0.25mg (14.57%), Copper: 0.27mg (13.65%), Calcium: 132.48mg (13.25%), Iron: 2.3mg (12.8%), Selenium: 7.77µg (11.1%), Manganese: 0.22mg (11.07%), Magnesium: 40.27mg (10.07%), Vitamin B12: 0.52µg (8.72%), Potassium: 277.17mg (7.92%), Fiber: 1.81g (7.22%), Vitamin B1: 0.11mg (7.14%), Folate: 25.47µg (6.37%), Zinc: 0.8mg (5.33%), Vitamin K: 4.97µg (4.73%), Vitamin E: 0.58mg (3.89%), Vitamin D: 0.57µg (3.79%), Vitamin B3: 0.73mg (3.63%), Vitamin B6: 0.07mg (3.28%), Vitamin B5: 0.31mg (3.08%), Vitamin A: 138.5IU (2.77%)