



WHATSheATE



No-Cook Butterscotch-Almond Layer Cake



Gluten Free

READY IN



14 min.

SERVINGS



8

CALORIES



195 kcal

Ingredients

- ☐ 1 ounce butterscotch pudding mix sugar-free instant
- ☐ 0.3 cup coffee creamer fat-free hazelnut-flavored
- ☐ 1 cup milk fat-free
- ☐ 10 ounce round cake frozen low-fat such as Sara Lee
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 cups non-dairy whipped topping frozen divided thawed reduced-calorie

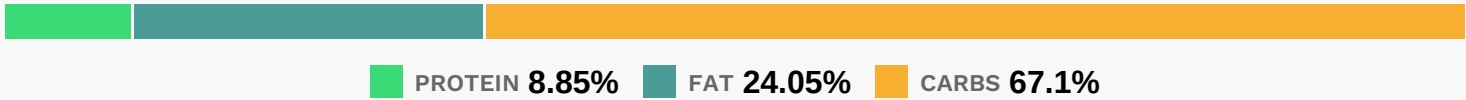
Equipment

- ☐ loaf pan

Directions

- ☐ Prepare pudding mix according to package directions using 1 cup fat-free milk. Cover and chill 10 to 15 minutes or until firm. Fold 1 cup whipped topping into pudding.
- ☐ Remove cake from loaf pan and slice cake lengthwise into 4 slices.
- ☐ Brush coffee creamer evenly over each slice. Return 1 cake slice to bottom of loaf pan; top with 1/2 cup pudding mixture, spreading to edge of slice. Repeat process with remaining cake slices and pudding mixture, ending with pudding. Top with remaining 1 cup whipped topping.
- ☐ Cover and chill at least 8 hours.
- ☐ Sprinkle with toasted almonds just before serving.
- ☐ Cut into slices.

Nutrition Facts



Properties

Glycemic Index:5.41, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:4.6904347305712%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.72kcal (9.74%), Fat: 5.14g (7.9%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 31.62g (11.5%), Sugar: 22.59g (25.1%), Cholesterol: 37.44mg (12.48%), Sodium: 269.36mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Vitamin B2: 0.19mg (11.25%), Phosphorus: 111.5mg (11.15%), Calcium: 87.8mg (8.78%), Manganese: 0.15mg (7.64%), Vitamin B1: 0.11mg (7.6%), Vitamin E: 1.04mg (6.95%), Selenium: 4.46µg (6.37%), Iron: 1.11mg (6.17%), Vitamin B12: 0.3µg (5%), Folate: 19.32µg (4.83%), Magnesium: 18mg (4.5%), Vitamin B3: 0.86mg (4.31%), Potassium: 130.61mg (3.73%), Copper: 0.06mg (3%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.29mg (2.95%), Vitamin D: 0.41µg (2.72%), Vitamin A: 130.96IU (2.62%), Fiber: 0.62g (2.48%), Vitamin B6: 0.04mg (2.23%)