



Toffee Cake

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



225 kcal

Ingredients

- 10 inch angel food cake
- 8.4 ounce chocolate bar english
- 12 ounce non-dairy whipped topping frozen thawed

Equipment

Directions

- Split angel food cake in half horizontally.

- Stir together the whipped topping and the crushed toffee bars. Use to fill and frost cake.
Cover and refrigerate cake.

Nutrition Facts



PROTEIN 5.38% **FAT 58.34%** **CARBS 36.28%**

Properties

Glycemic Index:2.3, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:5.6960869962754%

Nutrients (% of daily need)

Calories: 225.14kcal (11.26%), Fat: 14.62g (22.49%), Saturated Fat: 9.68g (60.48%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.85g (6.49%), Sugar: 14.52g (16.13%), Cholesterol: 1.39mg (0.46%), Sodium: 42.24mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.05mg (6.35%), Protein: 3.03g (6.06%), Manganese: 0.47mg (23.27%), Copper: 0.43mg (21.28%), Iron: 2.87mg (15.96%), Magnesium: 56.88mg (14.22%), Phosphorus: 104.41mg (10.44%), Fiber: 2.6g (10.4%), Potassium: 208.06mg (5.94%), Zinc: 0.83mg (5.5%), Calcium: 43.67mg (4.37%), Selenium: 2.82µg (4.03%), Vitamin B2: 0.05mg (3.17%), Vitamin K: 2.83µg (2.69%), Vitamin B12: 0.14µg (2.26%), Vitamin E: 0.31mg (2.07%), Vitamin B3: 0.29mg (1.44%), Vitamin B1: 0.02mg (1.12%), Vitamin B5: 0.1mg (1.02%)