



Toffee Crunch Cake

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



208 kcal

Ingredients

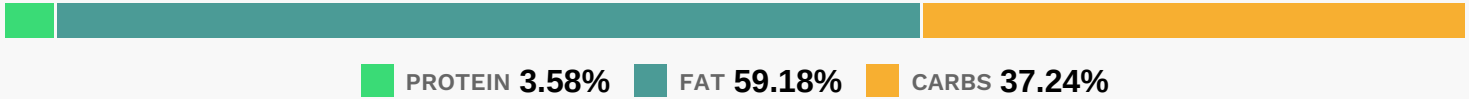
- ☐ 0.5 cup almonds toasted
- ☐ 16 servings crème fraîche
- ☐ 2 cups heath candy bars crushed finely (such as Heath Bars; 12 oz. total)

Equipment

Directions

- ☐ Split the layers of the double-layer chocolate cake, making four. Fold toffee candy into 2 cups caramel crme frache; spread a third of the mixture on each of the first three cake layers. Frost the outside of the cake with remaining caramel crme frache; sprinkle top with almonds.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.9008695437856%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg 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: 207.85kcal (10.39%), Fat: 14.19g (21.83%), Saturated Fat: 6.2g (38.73%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 18.84g (6.85%), Sugar: 18.49g (20.54%), Cholesterol: 13.88mg (4.63%), Sodium: 106.98mg (4.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin E: 1.19mg (7.93%), Manganese: 0.1mg (5.17%), Fiber: 1.25g (4.99%), Vitamin B2: 0.07mg (4.18%), Magnesium: 13.27mg (3.32%), Phosphorus: 30.61mg (3.06%), Calcium: 25.62mg (2.56%), Copper: 0.05mg (2.41%), Vitamin A: 74.8IU (1.5%), Potassium: 47.76mg (1.36%), Zinc: 0.18mg (1.19%)