



Berry Summer Poke Cake

READY IN



235 min.

SERVINGS



55

CALORIES



49 kcal

DESSERT

Ingredients

- 0.5 cup blueberries fresh
- 1 Tbsp kool-aid strawberry flavor sugar-sweetened drink mix
- 1 cup strawberries fresh quartered
- 3 oz jell-o strawberry flavor gelatin
- 0.5 cup water cold
- 1 cup water boiling
- 2 cups cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

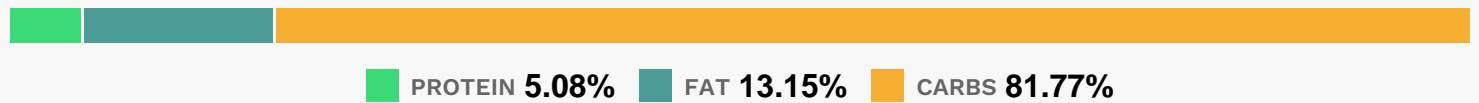
Equipment

- bowl
- frying pan
- oven
- skewers

Directions

- Prepare cake batter and bake in 13x9-inch pan as directed on package. Cool cake in pan 15 min. Pierce cake with large fork or skewer at 1/2-inch intervals.
- Add boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved. Stir in cold water; slowly pour over cake. Refrigerate 3 hours. Meanwhile, toss berries with drink mix. Refrigerate until ready to serve.
- Frost cake with COOL WHIP; top with berries.

Nutrition Facts



Properties

Glycemic Index:1.45, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.0121739137432%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.91mg, Malvidin: 0.91mg, Malvidin: 0.91mg, Malvidin: 0.91mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 49kcal (2.45%), Fat: 0.73g (1.12%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.97g (3.62%), Sugar: 6.24g (6.93%), Cholesterol: 0.08mg (0.03%), Sodium: 75.08mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Phosphorus: 37.02mg (3.7%), Calcium: 23.56mg (2.36%), Vitamin C: 1.67mg (2.03%), Folate: 7.46µg (1.87%), Manganese: 0.03mg (1.72%), Vitamin B1: 0.02mg (1.51%), Vitamin B2: 0.03mg (1.5%), Selenium: 1.01µg (1.44%), Vitamin B3: 0.25mg (1.24%), Iron: 0.2mg (1.13%)