



## Cherry Jello Poke Cake

READY IN



45 min.

SERVINGS



18

CALORIES



144 kcal

DESSERT

### Ingredients

- 1 box cake mix white (plus what you'll need to make it: eggs, water, oil)
- 3 ounce cherry gelatin
- 1 container cool whip

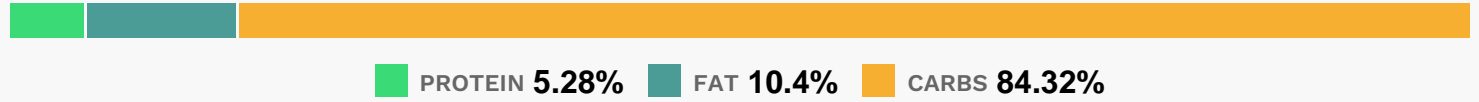
### Equipment

### Directions

- Prepare boxed cake mix according to directions.
- Once baked and slightly cooled, poke holes into cake.

- Prepare Jello according to package.
- Pour Jello onto the cake, making sure to pour directly into the holes.
- Set in the fridge for a few hours, overnight is even better.
- Just prior to serving top with Cool Whip.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9017391304348%

## Nutrients (% of daily need)

Calories: 143.56kcal (7.18%), Fat: 1.69g (2.6%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 30.41g (11.06%), Sugar: 18.16g (20.18%), Cholesterol: 2.01mg (0.67%), Sodium: 230.1mg (10%), Protein: 1.93g (3.86%), Phosphorus: 111.99mg (11.2%), Vitamin B2: 0.14mg (8.35%), Calcium: 76.6mg (7.66%), Folate: 22.38µg (5.6%), Vitamin B1: 0.08mg (5.4%), Selenium: 3.16µg (4.52%), Vitamin B3: 0.73mg (3.66%), Iron: 0.57mg (3.17%), Vitamin B12: 0.19µg (3.1%), Manganese: 0.06mg (2.97%), Vitamin E: 0.26mg (1.74%), Copper: 0.03mg (1.56%), Fiber: 0.37g (1.46%), Vitamin B6: 0.02mg (1.18%), Zinc: 0.17mg (1.14%), Magnesium: 4.26mg (1.06%)