



Cherry Limeade Poke Cake



Dairy Free



Popular

READY IN



135 min.

SERVINGS



12

CALORIES



364 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1.3 cups seltzer water
- ☐ 0.3 cup vegetable oil
- ☐ 3 egg whites
- ☐ 1 tablespoon lime zest grated
- ☐ 1 box cherry gelatin (4-serving size)
- ☐ 1 cup water boiling
- ☐ 12 oz fluffy frosting white

- ☐ 1 teaspoon lime zest grated
- ☐ 1 serving maraschino cherries
- ☐ 1 serving lime zest

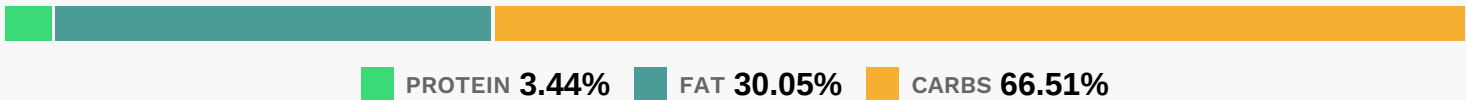
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9–inch pan with baking spray with flour.
- ☐ In large bowl, beat cake mix, soda, oil, egg whites and 1 tablespoon grated lime peel with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake as directed on box for 13x9–inch pan. Cool 20 minutes.
- ☐ Meanwhile, stir gelatin into boiling water, stirring for 2 minutes to completely dissolve gelatin. Poke cake every inch with tines of meat fork or table knife.
- ☐ Pour cherry mixture slowly over cake, allowing mixture to fill holes in cake. Cool completely, about 1 hour longer.
- ☐ In small bowl, mix frosting and 1 teaspoon grated lime peel.
- ☐ Spread evenly over cake. Top each serving with a cherry and a lime twist. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:8.3, Inflammation Score:-1, Nutrition Score:4.8873912404575%

Flavonoids

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 364.1kcal (18.21%), Fat: 12.25g (18.85%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 61.01g (20.34%), Net Carbohydrates: 60.5g (22%), Sugar: 42.34g (47.04%), Cholesterol: 0mg (0%), Sodium: 402.38mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Phosphorus: 161.55mg (16.16%), Vitamin K: 16µg (15.23%), Vitamin B2: 0.22mg (12.65%), Calcium: 98.24mg (9.82%), Vitamin E: 1.31mg (8.71%), Folate: 33µg (8.25%), Selenium: 5.71µg (8.16%), Vitamin B1: 0.1mg (6.47%), Vitamin B3: 1.1mg (5.5%), Iron: 0.91mg (5.06%), Manganese: 0.09mg (4.51%), Copper: 0.05mg (2.53%), Fiber: 0.51g (2.03%), Zinc: 0.25mg (1.66%), Magnesium: 6.49mg (1.62%), Vitamin B5: 0.16mg (1.59%), Potassium: 50.42mg (1.44%)