



## Cherry-Vanilla Poke Cake

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



30

CALORIES



148 kcal

### Ingredients

- 6 oz jell-o cherry flavor gelatin
- 2 baked 9-inch round cake layers white cooled
- 16 oz ready-to-spread vanilla frosting
- 2 cups water boiling
- 1 cup cool whip whipped topping thawed

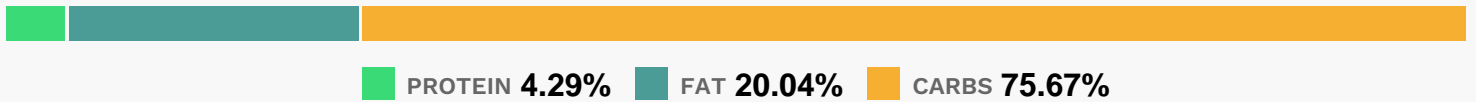
### Equipment

- bowl
- whisk

## Directions

- Place cakes, top sides up, in clean 9-inch round pans; pierce with large fork at 1/2-inch intervals.
- Add boiling water to gelatin mixes in medium bowl; stir 2 min. until completely dissolved.
- Pour over cakes. Refrigerate 3 hours.
- Dip bottoms of pans in warm water 10 sec.; remove cakes from pans. Spoon frosting into medium bowl.
- Add COOL WHIP; whisk until blended. Stack cakes on plate, filling and frosting with COOL WHIP mixture.

## Nutrition Facts



## Properties

Glycemic Index:1.43, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:1.7269565281661%

## Nutrients (% of daily need)

Calories: 148.4kcal (7.42%), Fat: 3.32g (5.1%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 28.09g (10.21%), Sugar: 22.35g (24.83%), Cholesterol: 20.45mg (6.82%), Sodium: 181.43mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin B2: 0.1mg (6.12%), Phosphorus: 39.97mg (4%), Vitamin B1: 0.05mg (3.39%), Selenium: 2.28µg (3.25%), Iron: 0.58mg (3.21%), Folate: 10.85µg (2.71%), Manganese: 0.04mg (2.13%), Vitamin B3: 0.42mg (2.11%), Vitamin K: 2.09µg (1.99%), Vitamin E: 0.29mg (1.95%), Calcium: 16.87mg (1.69%), Copper: 0.02mg (1.09%), Vitamin B5: 0.1mg (1.05%)