



Easy Pudding Poke Cake

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



74 kcal

Ingredients

- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 1.5 cups milk cold
- 10.8 oz round cake prepared

Equipment

- bowl
- whisk
- wooden spoon

Directions

- Remove pound cake from wrapper; place cake on serving plate. Poke 25 to 30 holes down through top of cake with round handle of wooden spoon. (Holes should be at 1-inch intervals.)
- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 30 seconds. Immediately pour about 1/4 of the thin pudding evenly over cake and into holes to make stripes. Tap plate on counter to settle pudding in holes.
- Pour 1/3 of the remaining pudding over holes. Tap cake again.
- Let remaining pudding stand several minutes until slightly thickened. Use to frost top and sides of cake.
- Refrigerate at least 1 hour or until ready to serve. Store leftover cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.0708695410386%

Nutrients (% of daily need)

Calories: 73.81kcal (3.69%), Fat: 1.33g (2.05%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 13.49g (4.9%), Sugar: 8.68g (9.64%), Cholesterol: 23.65mg (7.88%), Sodium: 136.8mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Phosphorus: 52.53mg (5.25%), Vitamin B2: 0.09mg (5.2%), Calcium: 44.24mg (4.42%), Vitamin B1: 0.06mg (4.2%), Selenium: 2.31µg (3.31%), Iron: 0.55mg (3.07%), Vitamin B12: 0.18µg (3.01%), Folate: 9.55µg (2.39%), Manganese: 0.04mg (2.19%), Vitamin B3: 0.42mg (2.09%), Vitamin D: 0.31µg (2.06%), Vitamin B5: 0.19mg (1.88%), Potassium: 56.87mg (1.62%), Vitamin A: 70.82IU (1.42%), Zinc: 0.2mg (1.36%), Magnesium: 5.19mg (1.3%), Vitamin B6: 0.03mg (1.27%)