



Easy Whiskey-Vanilla Poke Cakes

READY IN



20 min.

SERVINGS



9

CALORIES



1218 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 8 eggs
- 2 boxes vanilla pudding instant (4-serving size)
- 2 cups milk
- 4 cups powdered sugar
- 1 cup vegetable oil
- 2 cups walnut pieces chopped
- 0.3 cup irish whiskey
- 1.5 cups irish whiskey

2 boxes cake mix yellow

Equipment

- bowl
- oven
- whisk
- loaf pan
- hand mixer
- toothpicks
- skewers

Directions

- Heat oven to 350F. Spray 9 (5x3-inch) loaf pans with cooking spray.
- In large bowl, beat cake mix, pudding mix, milk, oil, 1/4 cup whiskey and the eggs with electric mixer on medium speed 5 minutes.
- Add 2 cups walnuts; beat 1 minute (batter will be very thick). Divide batter evenly among pans.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean.
- Remove from oven; place on cooling racks.
- While cakes are still warm, in another large bowl, beat melted butter, 1 1/2 cups whiskey and the powdered sugar with whisk until smooth. In small bowl, reserve 1 1/2 cups icing for in small bowl; set aside.
- With bamboo skewer, poke holes in each cake.
- Pour some of remaining icing over tops of cakes; let soak in 1 minute. Repeat until all icing has soaked into cakes.
- To reserved 1 1/2 cups icing, add 2 cups walnuts. Spoon walnut mixture over tops of cakes. Cool completely, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:20.747391375511%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg

Nutrients (% of daily need)

Calories: 1217.58kcal (60.88%), Fat: 40.76g (62.7%), Saturated Fat: 12.93g (80.8%), Carbohydrates: 174.28g (58.09%), Net Carbohydrates: 171.03g (62.19%), Sugar: 122.31g (135.9%), Cholesterol: 179.11mg (59.7%), Sodium: 1130.68mg (49.16%), Alcohol: 16.52g (100%), Alcohol %: 5.35% (100%), Protein: 15.08g (30.16%), Phosphorus: 583.15mg (58.31%), Manganese: 1.13mg (56.39%), Calcium: 361.12mg (36.11%), Vitamin B2: 0.58mg (33.86%), Folate: 122.36µg (30.59%), Copper: 0.54mg (26.97%), Vitamin B1: 0.4mg (26.96%), Selenium: 18.4µg (26.28%), Iron: 3.89mg (21.62%), Vitamin B6: 0.33mg (16.4%), Magnesium: 64.02mg (16.01%), Vitamin E: 2.37mg (15.77%), Vitamin B3: 3.07mg (15.33%), Vitamin B5: 1.38mg (13.82%), Vitamin K: 14.11µg (13.43%), Fiber: 3.25g (12.99%), Vitamin B12: 0.78µg (12.95%), Zinc: 1.87mg (12.47%), Vitamin A: 619.39IU (12.39%), Vitamin D: 1.38µg (9.19%), Potassium: 312.78mg (8.94%)