



## Gelatin Poke Cake

 Dairy Free

READY IN



305 min.

SERVINGS



5

CALORIES



551 kcal

DESSERT

### Ingredients

- 3 oz jell-o strawberry flavor gelatin
- 0.5 cup water cold
- 1 cup water boiling
- 8 oz cool whip whipped topping thawed
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

### Equipment

- bowl
- frying pan

oven

## Directions

- Prepare cake batter and bake as directed on package for 13x9-inch pan. Cool cake in pan 15 min. Pierce cake with large fork at 1/2-inch intervals.
- Add boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved. Stir in cold water; pour over cake. Refrigerate 3 hours.
- Frost cake with COOL WHIP. Refrigerate 1 hour.

## Nutrition Facts

PROTEIN **4.99%** FAT **15.78%** CARBS **79.23%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.0204346724178%

## Nutrients (% of daily need)

Calories: 551.06kcal (27.55%), Fat: 9.76g (15.01%), Saturated Fat: 7.14g (44.65%), Carbohydrates: 110.2g (36.73%), Net Carbohydrates: 109.07g (39.66%), Sugar: 68.85g (76.5%), Cholesterol: 0.91mg (0.3%), Sodium: 832.03mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Phosphorus: 406.01mg (40.6%), Calcium: 261.29mg (26.13%), Folate: 74.25µg (18.56%), Vitamin B2: 0.27mg (16.01%), Selenium: 11.12µg (15.89%), Vitamin B1: 0.23mg (15.6%), Vitamin B3: 2.51mg (12.57%), Iron: 2.08mg (11.58%), Manganese: 0.21mg (10.69%), Vitamin E: 1.13mg (7.51%), Copper: 0.12mg (5.99%), Fiber: 1.14g (4.55%), Vitamin K: 4.24µg (4.04%), Magnesium: 15.6mg (3.9%), Zinc: 0.53mg (3.53%), Potassium: 111.11mg (3.17%), Vitamin B5: 0.31mg (3.06%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.09µg (1.51%)