



## Green S'Lime JELL-O Swamp Cake

READY IN



350 min.

SERVINGS



20

CALORIES



265 kcal

DESSERT

### Ingredients

- 1 pkg devil's food cake mix (2-layer size)
- 1 piece licorice black
- 0.5 cup planters flavor grove cocoa and cinnamon almonds
- 1.2 oz bar swiss milk chocolate nougat bar cut into pieces
- 0.5 tsp decorating gel black
- 4 chewy fruit snacks worm-shaped
- 2 cups ice cubes
- 6 oz jell-o lime flavor gelatin
- 1 marshmallow jet-puffed

- 8 oreo cookies chopped
- 1.6 oz planters peanut bar cut into pieces
- 1.3 cups water boiling
- 8 oz cool whip whipped topping divided thawed
- 7 gummy candy and/or & chewy candies soft fish-shaped

## Equipment

- bowl
- frying pan
- oven

## Directions

- Prepare cake batter and bake in 13x9-inch pan as directed on package. Cool completely. Invert cake onto platter; remove pan. Carefully hollow out center of cake, leaving thin layer on bottom and about 2-inch-wide irregular-shaped border on sides. Crumble removed cake. Reserve 2 Tbsp.; mix remaining crumbled cake with chopped cookies.
- Spread about 1/2 cup COOL WHIP onto bottom of hole in cake.
- Add boiling water to gelatin mixes in large bowl; stir 2 min. until completely dissolved.
- Add ice cubes; stir until gelatin starts to thicken.
- Remove any unmelted ice. Stir in reserved cake crumbs; spoon over COOL WHIP in cake.
- Add fish-shaped candies as shown in photo. Refrigerate 3 hours or until gelatin is firm.
- Frost sides and border of cake with remaining COOL WHIP; press enough cookie crumb mixture into COOL WHIP to evenly cover COOL WHIP.
- Sprinkle remaining crumb mixture onto platter around cake.
- Roll marshmallow into 3-inch-long piece; fold lengthwise in half and flatten slightly to resemble ghost.
- Place on cake; use decorating gel to make eyes. Decorate cake with remaining ingredients to resemble photo.

## Nutrition Facts



■ PROTEIN 6.22% ■ FAT 25.54% ■ CARBS 68.24%

## Properties

Glycemic Index:4.89, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:6.2865217133709%

## Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 264.68kcal (13.23%), Fat: 8.01g (12.32%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 44.86g (16.31%), Sugar: 32.56g (36.18%), Cholesterol: 0.28mg (0.09%), Sodium: 254.3mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.92mg (2.97%), Protein: 4.39g (8.77%), Copper: 0.32mg (15.98%), Manganese: 0.28mg (14.07%), Iron: 2.44mg (13.58%), Fiber: 3.29g (13.18%), Phosphorus: 123.82mg (12.38%), Magnesium: 37.13mg (9.28%), Potassium: 236.39mg (6.75%), Vitamin K: 6.82µg (6.49%), Vitamin B3: 1.26mg (6.31%), Selenium: 4.36µg (6.23%), Folate: 24.85µg (6.21%), Vitamin A: 281.6IU (5.63%), Calcium: 53.78mg (5.38%), Vitamin B2: 0.09mg (5.34%), Vitamin B1: 0.08mg (5.14%), Zinc: 0.56mg (3.71%), Vitamin E: 0.43mg (2.85%), Vitamin C: 1.98mg (2.4%), Vitamin B6: 0.04mg (1.87%), Vitamin B5: 0.13mg (1.35%)