



Halloween Poke Cake

 Dairy Free

READY IN



310 min.

SERVINGS



16

CALORIES



180 kcal

DESSERT

Ingredients

- 3 Tbsp halloween sprinkles
- 3 oz jell-o orange flavor gelatin
- 0.3 tsp food coloring red
- 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)
- 0.5 tsp food coloring yellow

Equipment

- bowl
- frying pan
- oven

Directions

- Prepare cake batter and bake in 13x9-inch pan as directed on package. 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.
- Tint COOL WHIP with food colorings; spread onto cake. Refrigerate 1 hour. Decorate with sprinkles just before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8186956326599%

Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 3.15g (4.84%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 35.85g (13.03%), Sugar: 23.22g (25.8%), Cholesterol: 0.28mg (0.09%), Sodium: 260.01mg (11.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Phosphorus: 126.88mg (12.69%), Calcium: 81.65mg (8.17%), Folate: 23.2µg (5.8%), Vitamin B2: 0.09mg (5%), Selenium: 3.48µg (4.96%), Vitamin B1: 0.07mg (4.87%), Vitamin B3: 0.79mg (3.93%), Iron: 0.65mg (3.62%), Manganese: 0.07mg (3.34%), Vitamin E: 0.35mg (2.35%), Copper: 0.04mg (1.87%), Fiber: 0.36g (1.42%), Vitamin K: 1.33µg (1.26%), Magnesium: 4.87mg (1.22%), Zinc: 0.17mg (1.1%)