



## Holiday Poke Cake

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



16

CALORIES



180 kcal

### Ingredients

- 3 oz jell-o gelatin red
- 2 baked 9-inch round cake layers white cooled
- 3 oz jell-o lime flavor gelatin
- 0.3 cup raspberries fresh
- 2 cups water boiling divided
- 8 oz cool whip whipped topping thawed

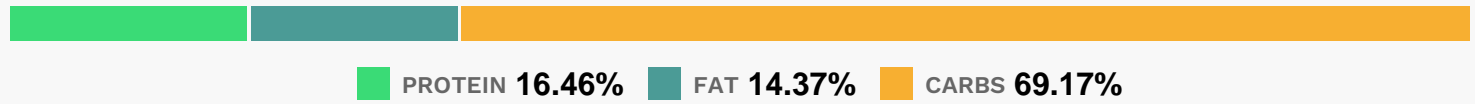
### Equipment

- bowl

# Directions

- Place cakes, top-sides up, in clean 9-inch round pans; pierce with large fork at 1/2-inch intervals.
- Add 1 cup boiling water to each flavor dry gelatin mix in separate small bowls; stir 2 min. until completely dissolved.
- Pour red gelatin over 1 cake and lime gelatin over remaining cake. Refrigerate 3 hours.
- Dip bottoms of cake pans in warm water 10 sec.; unmold. Fill and frost cake layers with COOL WHIP. Refrigerate 1 hour. Top with berries.

# Nutrition Facts



# Properties

Glycemic Index:1.63, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.351739126703%

# Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 2.89g (4.44%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 30.94g (11.25%), Sugar: 21.76g (24.18%), Cholesterol: 38.53mg (12.84%), Sodium: 280.52mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Selenium: 6.21µg (8.87%), Copper: 0.15mg (7.61%), Vitamin B2: 0.13mg (7.57%), Phosphorus: 71.98mg (7.2%), Vitamin B1: 0.1mg (6.4%), Iron: 1.11mg (6.18%), Folate: 20.2µg (5.05%), Manganese: 0.1mg (4.87%), Calcium: 40.75mg (4.08%), Vitamin B3: 0.75mg (3.77%), Vitamin B12: 0.12µg (1.97%), Vitamin B5: 0.19mg (1.93%), Magnesium: 7.1mg (1.78%), Potassium: 55.5mg (1.59%), Zinc: 0.22mg (1.49%), Vitamin A: 68.86IU (1.38%), Fiber: 0.31g (1.24%), Vitamin B6: 0.02mg (1.19%), Vitamin E: 0.18mg (1.18%)