



Holiday Poke Cake

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



16

CALORIES



161 kcal

Ingredients

- 1 pkg gelatin powder red (4 serving size)
- 2 round cake white cooled
- 1 pkg jell-o brand lime flavor gelatin (4 serving size)
- 2 cups water boiling
- 8 ounce non-dairy whipped topping thawed

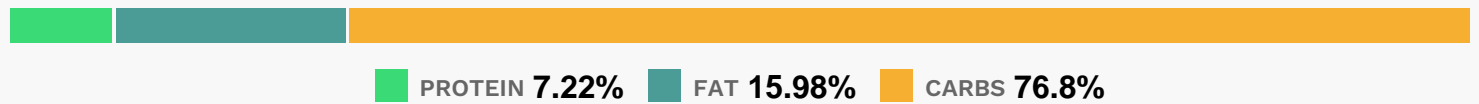
Equipment

- bowl
- cake form

Directions

- Place cake layers, top sides up, in 2 clean 9-inch round cake pans. Pierce layers with large fork at 1/2-inch intervals.
- Stir 1 cup of the boiling water into each flavor of dry gelatin mix in separate bowls at least 2 minutes until completely dissolved. Carefully pour red gelatin over 1 cake layer and lime gelatin over second cake layer. Refrigerate 3 hours.
- Dip 1 cake pan in warm water 10 seconds; unmold onto serving plate.
- Spread with about 1 cup of the whipped topping. Unmold second cake layer; carefully place on first cake layer. Frost top and side of cake with remaining whipped topping.
- Refrigerate at least 1 hour or until ready to serve. Decorate with fresh raspberries, if desired. Store leftover cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7330435047979%

Nutrients (% of daily need)

Calories: 160.95kcal (8.05%), Fat: 2.87g (4.41%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 30.84g (11.21%), Sugar: 21.68g (24.09%), Cholesterol: 38.53mg (12.84%), Sodium: 270.19mg (11.75%), Alcohol: 0g (100%), Protein: 2.92g (5.84%), Phosphorus: 69.38mg (6.94%), Vitamin B2: 0.12mg (6.82%), Vitamin B1: 0.09mg (6.28%), Selenium: 4.13µg (5.9%), Iron: 1.04mg (5.79%), Folate: 18.23µg (4.56%), Manganese: 0.08mg (3.97%), Calcium: 37.4mg (3.74%), Vitamin B3: 0.74mg (3.69%), Vitamin B12: 0.12µg (1.97%), Copper: 0.04mg (1.85%), Vitamin B5: 0.18mg (1.8%), Potassium: 51.82mg (1.48%), Zinc: 0.21mg (1.39%), Magnesium: 5.53mg (1.38%), Vitamin A: 68.24IU (1.36%), Vitamin B6: 0.02mg (1.12%), Vitamin E: 0.16mg (1.07%)