



## JELL-O Black Cherry Poke Cake

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



16

CALORIES



145 kcal

### Ingredients

- 0.6 oz jell-o cherry flavor gelatin black sugar free
- 2 baked 9-inch round cake layers white cooled
- 2 cups water boiling
- 8 oz cool whip whipped topping sugar free thawed

### Equipment

### Directions

- Place cakes, top-sides up, in clean 9-inch round pans; pierce with large fork at 1/2-inch intervals.
- Add boiling water to gelatin mixes; stir 2 min. until completely dissolved.
- Pour over cakes. 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.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6613043650337%

### Nutrients (% of daily need)

Calories: 144.55kcal (7.23%), Fat: 2.87g (4.41%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 26.99g (9.82%), Sugar: 18.02g (20.02%), Cholesterol: 38.53mg (12.84%), Sodium: 250.26mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin B2: 0.11mg (6.71%), Phosphorus: 63.36mg (6.34%), Vitamin B1: 0.09mg (6.27%), Iron: 1.04mg (5.75%), Selenium: 3.82µg (5.46%), Folate: 18.08µg (4.52%), Manganese: 0.08mg (3.94%), Calcium: 37.23mg (3.72%), Vitamin B3: 0.74mg (3.69%), Vitamin B12: 0.12µg (1.97%), Vitamin B5: 0.18mg (1.79%), Copper: 0.03mg (1.53%), Potassium: 51.52mg (1.47%), Zinc: 0.21mg (1.39%), Magnesium: 5.43mg (1.36%), Vitamin A: 68.24IU (1.36%), Vitamin B6: 0.02mg (1.12%), Vitamin E: 0.16mg (1.07%)