



JELL-O® 'Dive-on-In' Cake

READY IN



255 min.

SERVINGS



15

CALORIES



567 kcal

DESSERT

Ingredients

- ☐ 56 oreo bite size chocolate sandwich cookies mini
- ☐ 4 bite-size chewy fruit snacks fish-shaped
- ☐ 5 chewy fruit snacks ring-shaped
- ☐ 6 teddy grahams graham snacks
- ☐ 2 pkg jell-o brand berry flavor gelatin blue 4 serving size
- ☐ 1 cup water cold
- ☐ 8 ounce cool whip whipped topping thawed
- ☐ 18.3 ounce duncan hines classic decadent cake mix yellow

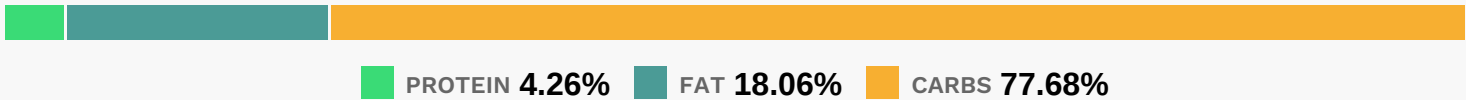
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ serrated knife

Directions

- ☐ Prepare and bake cake mix in 13x9-inch baking pan as directed on package. Cool completely. Invert cake onto large platter; remove pan. Using a serrated knife, cut and scoop out a shallow rectangle from center of cake, leaving a 2-inch border of cake on all sides and a thin layer of cake on the bottom. Reserve removed cake for snacking or other use.
- ☐ Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in cold water. Refrigerate 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites). (Or, see Tip below for quicker set method.)
- ☐ Pour thickened gelatin into center of cake. Refrigerate 3 hours or until set.
- ☐ Frost borders of cake with whipped topping. Decorate with remaining ingredients as desired to resemble a swimming pool. Store leftover cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:12.82217383903%

Nutrients (% of daily need)

Calories: 567.22kcal (28.36%), Fat: 11.77g (18.11%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 113.92g (37.97%), Net Carbohydrates: 107.83g (39.21%), Sugar: 76.86g (85.4%), Cholesterol: 0.3mg (0.1%), Sodium: 502.91mg (21.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Iron: 7.02mg (39%), Vitamin K: 26.18µg (24.93%), Fiber: 6.09g (24.35%), Manganese: 0.44mg (22.19%), Phosphorus: 208.16mg (20.82%), Copper: 0.39mg (19.72%), Vitamin A: 827.48IU (16.55%), Vitamin B2: 0.27mg (15.84%), Vitamin B3: 3.04mg (15.19%), Folate: 56.98µg (14.24%), Vitamin B1: 0.2mg (13.58%), Potassium: 377.41mg (10.78%), Calcium: 107.23mg (10.72%), Vitamin E: 1.5mg (10%), Magnesium: 39.45mg (9.86%), Vitamin C: 5.94mg (7.2%), Selenium: 4.49µg (6.41%), Zinc: 0.69mg (4.57%), Vitamin B6: 0.08mg (4.16%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.06µg (1.08%)