



Key Lime Poke Cake

READY IN



115 min.

SERVINGS



15

CALORIES



424 kcal

DESSERT

Ingredients

- 4 eggs
- 1 drop drop natural food coloring green
- 15 servings optional: lemon
- 1 slices lime
- 0.5 cup juice of lime
- 1 teaspoon lime zest grated
- 2 teaspoons lime zest grated
- 15 servings strawberries fresh
- 14 oz condensed milk sweetened canned (not evaporated)

- 12 oz vanilla frosting
- 1 tablespoon vegetable oil
- 1.3 cups water
- 0.8 cup whipping cream
- 1 box cake mix white
- 4 drops food coloring yellow

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- wooden spoon

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour.
- In large bowl, beat cake ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 27 to 33 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. With handle of wooden spoon (1/4 to 1/2 inch in diameter), poke holes almost to bottom of cake every 1/2 inch, wiping spoon handle occasionally to reduce sticking.
- In medium bowl, stir together filling ingredients (mixture will thicken).
- Pour over cake; spread evenly over surface, working back and forth to fill holes. (Some filling should remain on top of cake.) Refrigerate 1 hour.
- Spread frosting over cake; sprinkle with lime peel.
- Garnish as desired. Store loosely covered in refrigerator.

Nutrition Facts

PROTEIN 5.9% FAT 29.03% CARBS 65.07%

Properties

Glycemic Index:17.7, Glycemic Load:18.81, Inflammation Score:-6, Nutrition Score:15.190434787584%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 1.67mg, Eriodictyol: 1.67mg, Eriodictyol: 1.67mg, Eriodictyol: 1.67mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 423.59kcal (21.18%), Fat: 14.03g (21.58%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 70.73g (23.58%), Net Carbohydrates: 67.22g (24.44%), Sugar: 50.97g (56.63%), Cholesterol: 66.09mg (22.03%), Sodium: 336.81mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin C: 91.81mg (111.29%), Manganese: 0.64mg (31.76%), Phosphorus: 254.28mg (25.43%), Vitamin B2: 0.36mg (21.4%), Calcium: 192.6mg (19.26%), Folate: 71.05µg (17.76%), Selenium: 11.48µg (16.4%), Fiber: 3.51g (14.05%), Potassium: 395.04mg (11.29%), Vitamin B1: 0.15mg (9.84%), Vitamin E: 1.44mg (9.63%), Iron: 1.62mg (9.01%), Vitamin K: 9.34µg (8.9%), Magnesium: 33.31mg (8.33%), Vitamin B3: 1.52mg (7.6%), Vitamin B5: 0.73mg (7.28%), Vitamin A: 332.22IU (6.64%), Vitamin B6: 0.12mg (6.2%), Copper: 0.12mg (5.96%), Zinc: 0.82mg (5.45%), Vitamin B12: 0.24µg (4%), Vitamin D: 0.48µg (3.19%)