



Key Lime Poke Cake

READY IN



115 min.

SERVINGS



15

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1.3 cups water
- ☐ 1 tablespoon vegetable oil
- ☐ 4 eggs
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 0.8 cup whipping cream
- ☐ 0.5 cup juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 4 drops food coloring yellow

- ☐ 1 drop drop natural food coloring green
- ☐ 12 oz vanilla frosting
- ☐ 2 teaspoons lime zest grated
- ☐ 1 serving strawberries fresh
- ☐ 1 slices lime
- ☐ 1 serving bay leaves

Equipment

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

Directions

- ☐ Heat oven to 350°F (325°F 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 5.67%**  **FAT 31.94%**  **CARBS 62.39%**

Properties

Glycemic Index:16, Glycemic Load:15.64, Inflammation Score:-3, Nutrition Score:7.4973913068357%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 378.76kcal (18.94%), Fat: 13.61g (20.94%), Saturated Fat: 6.05g (37.78%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 59.16g (21.51%), Sugar: 44.22g (49.13%), Cholesterol: 66.09mg (22.03%), Sodium: 335.34mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Phosphorus: 220.98mg (22.1%), Vitamin B2: 0.33mg (19.6%), Calcium: 169.83mg (16.98%), Selenium: 10.91µg (15.59%), Vitamin C: 9.11mg (11.04%), Folate: 38.14µg (9.54%), Vitamin B1: 0.11mg (7.5%), Vitamin E: 1.04mg (6.96%), Vitamin A: 318.68IU (6.37%), Vitamin K: 6.39µg (6.08%), Manganese: 0.12mg (5.98%), Iron: 1.06mg (5.87%), Vitamin B5: 0.55mg (5.46%), Potassium: 180.1mg (5.15%), Vitamin B3: 1mg (4.98%), Zinc: 0.63mg (4.19%), Vitamin B12: 0.24µg (4%), Magnesium: 15.36mg (3.84%), Vitamin D: 0.48µg (3.19%), Vitamin B6: 0.06mg (2.82%), Copper: 0.05mg (2.62%), Fiber: 0.65g (2.58%)