



Lemon Lime Poke Cake

READY IN



120 min.

SERVINGS



12

CALORIES



358 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 3 teaspoons lemon zest grated
- ☐ 1 cup water boiling
- ☐ 1 box gelatin mix (4-serving size)
- ☐ 16 oz cream cheese frosting
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup evaporated cane juice light green

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with cooking spray.
- ☐ Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and egg whites and adding 2 teaspoons of the lemon peel. Cool in pan on cooling rack 20 minutes.
- ☐ Meanwhile, in small bowl, pour boiling water over gelatin; stir until gelatin is dissolved. Poke cake every inch with handle of wooden spoon or tines of meat fork halfway into cake.
- ☐ Pour gelatin slowly over cake to fill holes. Cool completely, about 1 hour longer.
- ☐ In small bowl, mix frosting, lime peel and remaining 1 teaspoon lemon peel until well blended. Frost cake.
- ☐ Sprinkle with sugar.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5495652093997%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 358.28kcal (17.91%), Fat: 8.13g (12.51%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 71.17g (23.72%), Net Carbohydrates: 70.63g (25.68%), Sugar: 52.43g (58.26%), Cholesterol: 0mg (0%), Sodium: 404.79mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Phosphorus: 156.4mg (15.64%), Calcium: 97.02mg (9.7%), Folate: 30.45µg (7.61%), Vitamin B1: 0.09mg (6.27%), Selenium: 4.37µg (6.25%), Vitamin B2: 0.1mg (5.83%), Vitamin B3: 1.04mg (5.18%), Iron: 0.91mg (5.08%), Manganese: 0.09mg (4.7%), Copper: 0.05mg (2.73%),

Vitamin E: 0.38mg (2.51%), Fiber: 0.53g (2.13%), Magnesium: 5.92mg (1.48%), Zinc: 0.21mg (1.4%), Vitamin B5: 0.13mg (1.3%), Potassium: 42.78mg (1.22%), Vitamin K: 1.16µg (1.11%)