



Lemon Poke Cake II

 Dairy Free

READY IN



55 min.

SERVINGS



15

CALORIES



243 kcal

DESSERT

Ingredients

- 2 cups powdered sugar
- 4 eggs
- 3.4 ounce reg. size containers lemon pudding instant
- 0.3 cup juice of lemon
- 0.5 cup vegetable oil
- 0.8 cup water
- 18.3 ounce cake mix yellow

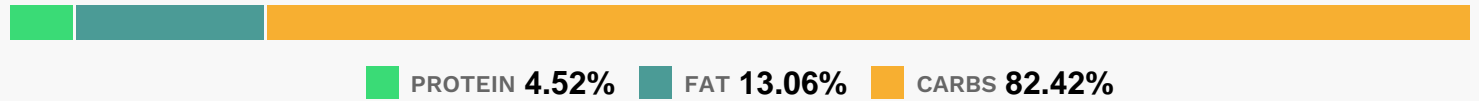
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).Grease and flour a 9x13 inch pan.
- In a large bowl, stir together the cake mix and instant pudding.
- Add the water, oil and eggs, mix until smooth and well blended.
- Spread batter evenly into the prepared pan.
- Bake for 40 to45 minutes in the preheated oven, until a toothpick inserted comes out clean. While the cake is still hot, poke holes in the top with a fork. In a small bowl, mix together the lemon juice and confectioners sugar until smooth.
- Pour over hot cake.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.9482608722604%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 243.32kcal (12.17%), Fat: 3.57g (5.5%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 50.31g (18.3%), Sugar: 30.76g (34.18%), Cholesterol: 43.65mg (14.55%), Sodium: 301.24mg (13.1%), Alcohol: 0g (100%), Protein: 2.78g (5.56%), Phosphorus: 130.78mg (13.08%), Vitamin B2: 0.14mg (8.16%), Calcium: 80.51mg (8.05%), Folate: 30.05µg (7.51%), Selenium: 4.81µg (6.87%), Vitamin B1: 0.09mg (5.73%), Iron: 0.95mg (5.27%), Vitamin B3: 0.81mg (4.07%), Vitamin E: 0.57mg (3.78%), Manganese: 0.07mg (3.6%), Vitamin K: 3.71µg (3.53%), Vitamin B5: 0.31mg (3.14%), Vitamin C: 2.1mg (2.54%), Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.14µg (2.32%), Copper: 0.04mg (1.94%), Fiber: 0.44g (1.75%), Zinc: 0.25mg (1.68%), Vitamin D: 0.23µg (1.56%),

Magnesium: 5.56mg (1.39%), Vitamin A: 63.69IU (1.27%), Potassium: 38.63mg (1.1%)