



Lemon Pudding Poke Cake

READY IN



90 min.

SERVINGS



30

CALORIES



117 kcal

DESSERT

Ingredients

- 2 egg whites
- 2 pkg jell-o lemon flavor pudding instant (4-serving size each)
- 4 cups milk cold
- 2 Tbsp oil
- 1.3 cups water
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)

Equipment

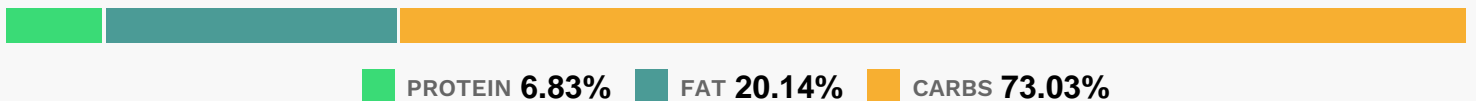
- bowl

- frying pan
- oven
- whisk
- baking pan
- wooden spoon
- drinking straws

Directions

- Prepare and bake cake mix as directed on pkg. for 13x9-inch baking pan, using the egg whites, water and oil.
- Remove from oven. Immediately poke holes down through cake to bottom of pan with round handle of wooden spoon. (Or, poke holes with a plastic drinking straw, using turning motion to make large holes.) Holes should be at 1-inch intervals.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 min. Immediately pour about half of the thin pudding mixture evenly over warm cake and into holes to make stripes.
- Let remaining pudding mixture stand until slightly thickend. Spoon over top of cake, swirling to "frost" cake.
- Refrigerate at least 1 hour or until ready to serve.
- Cut into 24 squares. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:2.5295652332513%

Nutrients (% of daily need)

Calories: 117.17kcal (5.86%), Fat: 2.64g (4.06%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 21.31g (7.75%), Sugar: 13.91g (15.45%), Cholesterol: 3.9mg (1.3%), Sodium: 176.28mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Phosphorus: 91.36mg (9.14%), Calcium: 78.53mg (7.85%), Vitamin B2: 0.09mg (5.41%), Vitamin B1: 0.06mg (3.71%), Selenium: 2.56µg (3.65%), Folate: 12.14µg (3.04%),

Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.36µg (2.39%), Vitamin B3: 0.45mg (2.24%), Vitamin E: 0.33mg (2.2%),
Iron: 0.34mg (1.9%), Manganese: 0.04mg (1.87%), Potassium: 64.02mg (1.83%), Vitamin B5: 0.18mg (1.76%),
Magnesium: 6.12mg (1.53%), Zinc: 0.22mg (1.44%), Vitamin B6: 0.02mg (1.24%), Vitamin K: 1.23µg (1.17%), Vitamin A:
52.7IU (1.05%)