

Lemon Pudding Poke Cake

READY IN

ready

90 min.

SERVINGS

servings

24

CALORIES

calories

116 kcal

DESSERT

Ingredients

- ☐ 2 egg whites
- ☐ 2 pkg jell-o lemon flavor pudding & pie filling instant 4 serving size
- ☐ 1 quart milk cold
- ☐ 2 tablespoons oil
- ☐ 1.3 cups water
- ☐ 1 package duncan hines classic decadent cake mix white 2-layer size

Equipment

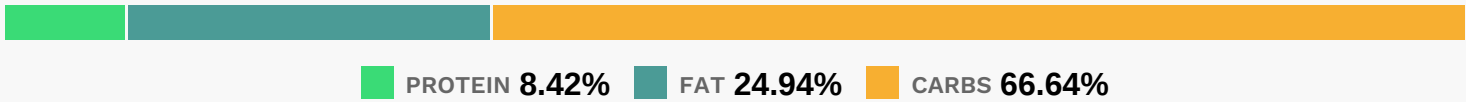
- ☐ bowl

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

Directions

- ☐ Prepare and bake cake mix as directed on package 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 minutes. 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 thickened. 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:1.58, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:3.0943477905315%

Nutrients (% of daily need)

Calories: 115.52kcal (5.78%), Fat: 3.23g (4.97%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 19.17g (6.97%), Sugar: 11g (12.23%), Cholesterol: 4.75mg (1.58%), Sodium: 169.28mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Phosphorus: 112.8mg (11.28%), Calcium: 96.25mg (9.62%), Vitamin B2: 0.11mg (6.6%), Vitamin B1: 0.07mg (4.6%), Selenium: 3.1µg (4.43%), Folate: 15.18µg (3.79%), Vitamin B12:

0.22µg (3.59%), Vitamin D: 0.43µg (2.89%), Vitamin B3: 0.56mg (2.79%), Vitamin E: 0.41mg (2.74%), Iron: 0.42mg (2.34%), Manganese: 0.05mg (2.3%), Potassium: 76.58mg (2.19%), Vitamin B5: 0.22mg (2.15%), Magnesium: 7.51mg (1.88%), Zinc: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.51%), Vitamin K: 1.53µg (1.46%), Vitamin A: 63.88IU (1.28%), Copper: 0.02mg (1.03%)