



Luscious Lemon Poke Cake

 Gluten Free

READY IN



270 min.

SERVINGS



30

CALORIES



114 kcal

Ingredients

- 3.4 oz jell-o lemon flavor pudding instant
- 2 round cake layers white cooled (9 inch)
- 6 oz jell-o lemon flavor gelatin
- 1 cup milk cold
- 2 cups water boiling
- 8 oz cool whip whipped topping thawed

Equipment

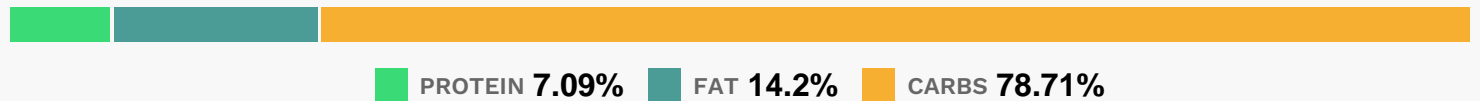
- bowl
- whisk

cake form

Directions

- Place cake layers, top sides up, in 2 clean 9-inch round pans. Pierce cakes with large fork at 1/2-inch intervals.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Carefully pour over cake layers. Refrigerate 3 hours.
- Beat pudding mix and milk in large bowl with whisk 2 min.; stir in COOL WHIP. Dip 1 cake pan in warm water 10 sec.; unmold onto plate.
- Spread with about 1 cup pudding mixture. Unmold second cake layer; carefully place on first cake layer. Frost top and side of cake with remaining pudding mixture. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.773913036222%

Nutrients (% of daily need)

Calories: 113.59kcal (5.68%), Fat: 1.8g (2.77%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 22.38g (8.14%), Sugar: 16.94g (18.83%), Cholesterol: 21.53mg (7.18%), Sodium: 180.75mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Phosphorus: 49.27mg (4.93%), Vitamin B2: 0.07mg (4.39%), Vitamin B1: 0.05mg (3.66%), Selenium: 2.56µg (3.66%), Iron: 0.56mg (3.12%), Calcium: 30.18mg (3.02%), Folate: 9.8µg (2.45%), Manganese: 0.04mg (2.16%), Vitamin B3: 0.4mg (2.01%), Vitamin B12: 0.11µg (1.78%), Vitamin B5: 0.13mg (1.27%), Potassium: 40.67mg (1.16%), Copper: 0.02mg (1.16%)