



## Luscious Lemon Poke Cake

 **Gluten Free**

READY IN



**270 min.**

SERVINGS



**16**

CALORIES



**2381 kcal**

### Ingredients

- 18 inch round cake white cooled
- 6 ounce gelatin mix
- 6 ounce gelatin mix
- 3.4 ounce jell-o lemon flavor pudding & pie filling instant
- 1 cup milk cold
- 2 cups water boiling
- 3 cups non-dairy whipped topping thawed

### Equipment

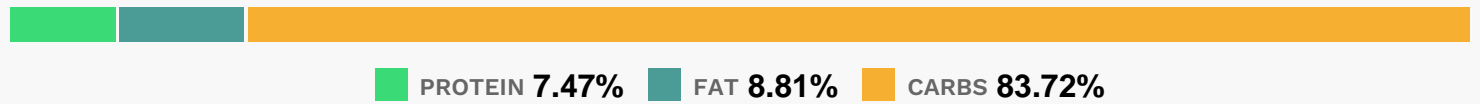
- whisk

cake form

## Directions

- Place cake layers, top-sides up, in 2 clean 9-inch round cake 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 milk and pudding mix with whisk 2 min. Gently stir in COOL WHIP; set aside. Dip 1 cake pan in warm water 10 sec.; unmold onto serving 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 before serving. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:2.38, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:46.143043569897%

## Nutrients (% of daily need)

Calories: 2380.92kcal (119.05%), Fat: 23.32g (35.88%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 498.75g (166.25%), Net Carbohydrates: 494.87g (179.95%), Sugar: 308.92g (343.25%), Cholesterol: 794.91mg (264.97%), Sodium: 4967.4mg (215.97%), Alcohol: Og (100%), Protein: 44.5g (89%), Vitamin B1: 1.9mg (126.55%), Vitamin B2: 2.13mg (125.33%), Iron: 21.16mg (117.53%), Phosphorus: 1119.25mg (111.93%), Selenium: 72.69µg (103.84%), Folate: 365.9µg (91.47%), Manganese: 1.63mg (81.65%), Vitamin B3: 15.01mg (75.07%), Calcium: 573.64mg (57.36%), Vitamin B5: 3.77mg (37.7%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.04mg (26.94%), Copper: 0.51mg (25.63%), Vitamin A: 1230.54IU (24.61%), Potassium: 807.05mg (23.06%), Magnesium: 88.92mg (22.23%), Vitamin B6: 0.42mg (20.8%), Fiber: 3.88g (15.52%), Vitamin E: 1.94mg (12.94%), Vitamin D: 1.72µg (11.47%), Vitamin K: 2.05µg (1.95%)