



## Orange Cream Poke Cake

READY IN



230 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

### Ingredients

- 1 box vanilla cake donut holes
- 3 eggs
- 1 cup water
- 0.5 cup canola oil
- 1 cup water boiling
- 1 box gelatin powder orange-flavored (4-serving size)
- 1 cup water cold
- 1 box vanilla pudding instant (4-serving size)
- 1 box gelatin powder orange-flavored (4-serving size)

- 1 cup milk
- 2 tablespoons orange juice
- 8 oz non-dairy whipped topping frozen thawed
- 1 serving non-dairy whipped topping
- 1 serving orange zest grated

## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer
- toothpicks
- skewers

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour.
- In large bowl, beat cake mix, eggs, 1 cup water and the oil with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally.
- Pour batter into pan.
- Bake 28 to 33 minutes or until toothpick inserted near center comes out clean. Cool completely in pan on cooling rack, about 1 hour.
- Poke cake all over with fork or wooden skewer. In medium bowl, pour boiling water on 1 box orange gelatin; stir until gelatin is dissolved. Stir in cold water.
- Pour gelatin over cake. Run knife around edges of pan to loosen cake. Refrigerate 2 hours.
- In large bowl, stir together pudding mix, 1 box orange gelatin, the milk and orange juice until blended. Fold in 1 container whipped topping.
- Spread over cake.

Cut into squares.

Garnish with additional whipped topping and orange peel. Store covered in refrigerator.

## Nutrition Facts

**PROTEIN 11.36%** **FAT 23.33%** **CARBS 65.31%**

### Properties

Glycemic Index:3.75, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:3.109130434368%

### Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

### Nutrients (% of daily need)

Calories: 148.04kcal (7.4%), Fat: 3.86g (5.94%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 24.01g (8.73%), Sugar: 15.14g (16.82%), Cholesterol: 21.87mg (7.29%), Sodium: 199.38mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Phosphorus: 102.22mg (10.22%), Calcium: 72.94mg (7.29%), Selenium: 4.93µg (7.04%), Vitamin B2: 0.1mg (5.96%), Folate: 19.23µg (4.81%), Copper: 0.08mg (3.98%), Vitamin B1: 0.06mg (3.93%), Iron: 0.56mg (3.12%), Vitamin E: 0.46mg (3.09%), Vitamin B3: 0.55mg (2.75%), Manganese: 0.05mg (2.45%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.19mg (1.94%), Vitamin C: 1.39mg (1.68%), Zinc: 0.23mg (1.54%), Vitamin K: 1.6µg (1.53%), Magnesium: 6mg (1.5%), Vitamin D: 0.22µg (1.48%), Potassium: 51mg (1.46%), Fiber: 0.32g (1.27%), Vitamin B6: 0.03mg (1.26%), Vitamin A: 58.24IU (1.16%)