



## Orange Cream Poke Cake

READY IN



230 min.

SERVINGS



24

CALORIES



165 kcal

DESSERT

### Ingredients

- 0.5 cup canola oil
- 3 eggs
- 1 box gelatin powder orange-flavored (4-serving size)
- 1 box vanilla pudding instant (4-serving size)
- 1 cup milk
- 2 tablespoons orange juice
- 24 servings orange zest grated
- 1 vanilla cake donut holes
- 1 cup water

- 1 cup water boiling
- 1 cup water cold
- 8 oz non-dairy whipped topping frozen thawed
- 24 servings non-dairy whipped topping

## Equipment

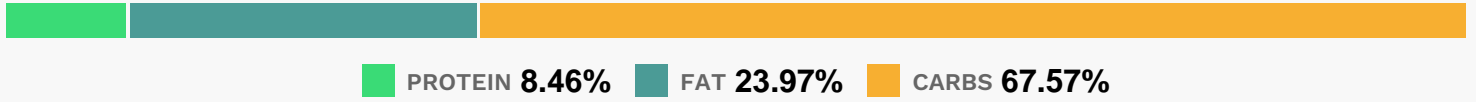
- bowl
- frying pan
- oven
- knife
- wire rack
- hand mixer
- toothpicks
- skewers

## Directions

- Heat oven to 350F (325F 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



### Properties

Glycemic Index:3.75, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.5739130092704%

### 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: 164.94kcal (8.25%), Fat: 4.45g (6.84%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 28.22g (9.41%), Net Carbohydrates: 26.68g (9.7%), Sugar: 16.16g (17.95%), Cholesterol: 21.96mg (7.32%), Sodium: 200.54mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin C: 17.03mg (20.64%), Phosphorus: 107.37mg (10.74%), Calcium: 93.87mg (9.39%), Selenium: 4.69µg (6.7%), Vitamin B2: 0.11mg (6.64%), Fiber: 1.54g (6.14%), Folate: 22.46µg (5.61%), Vitamin B1: 0.07mg (4.89%), Iron: 0.65mg (3.58%), Vitamin E: 0.51mg (3.43%), Vitamin B3: 0.66mg (3.29%), Copper: 0.07mg (3.27%), Vitamin B5: 0.25mg (2.49%), Manganese: 0.05mg (2.39%), Vitamin B6: 0.05mg (2.31%), Potassium: 79.55mg (2.27%), Vitamin B12: 0.13µg (2.2%), Vitamin A: 109.73IU (2.19%), Magnesium: 8.57mg (2.14%), Zinc: 0.26mg (1.75%), Vitamin K: 1.74µg (1.66%), Vitamin D: 0.22µg (1.48%)