



Patriotic Poke Cake

 **Gluten Free**  **Dairy Free**

READY IN



270 min.

SERVINGS



30

CALORIES



97 kcal

Ingredients

- 2 round cake layers white cooled (9 inch)
- 3 oz jell-o berry flavor gelatin blue
- 3 oz jell-o strawberry flavor gelatin red or any other flavor
- 2 cups water boiling divided
- 8 oz cool whip whipped topping thawed

Equipment

- bowl

Directions

- Place cakes, top sides up, in clean 9-inch round pans; pierce with large fork at 1/2-inch intervals.
- Add 1 cup boiling water to each flavor dry gelatin mix in separate small bowls; stir 2 min. until completely dissolved.
- Pour red gelatin over 1 cake, then pour blue gelatin over remaining cake. Refrigerate 3 hours.
- Dip bottoms of cake pans in warm water 10 sec.; unmold cakes. Fill and frost cake layers with COOL WHIP. Refrigerate 1 hour.

Nutrition Facts



PROTEIN 7.2% **FAT 14.17%** **CARBS 78.63%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4986956547136%

Nutrients (% of daily need)

Calories: 96.54kcal (4.83%), Fat: 1.53g (2.35%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 19.02g (6.91%), Sugar: 14g (15.56%), Cholesterol: 20.55mg (6.85%), Sodium: 157.25mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Phosphorus: 40.99mg (4.1%), Vitamin B2: 0.06mg (3.7%), Selenium: 2.38µg (3.4%), Vitamin B1: 0.05mg (3.35%), Iron: 0.56mg (3.11%), Folate: 9.8µg (2.45%), Manganese: 0.04mg (2.13%), Calcium: 20.01mg (2%), Vitamin B3: 0.39mg (1.97%), Copper: 0.02mg (1.12%), Vitamin B12: 0.06µg (1.05%)