



Poke Cake I

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



270 kcal

DESSERT

Ingredients

- 4 eggs
- 3 ounce fruit jell-o® mix flavored
- 1 cup water
- 3.5 ounce vanilla pudding instant
- 0.3 cup vegetable oil
- 1 cup water boiling
- 12 ounce non-dairy whipped topping frozen thawed
- 18.3 ounce cake mix white

Equipment

- frying pan
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
- Combine cake mix, pudding mix, eggs, 1 cup water and the vegetable oil and blend well. Beat at the medium speed of an electric mixer for 4 minutes.
- Pour batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes or until the cake springs back when lightly touched.
- Let cake cool in pan for 15 minutes.
- Meanwhile, dissolve the gelatin in the boiling water, then add the cold water.
- Poke holes in the warm cake with a fork at 1/2 inch intervals.
- Pour gelatin over cake. Chill cake for 3 to 4 hours then frost with whipped topping. Keep cake refrigerated.

Nutrition Facts



PROTEIN 5.33% **FAT 29.92%** **CARBS 64.75%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.6534782868365%

Nutrients (% of daily need)

Calories: 270.15kcal (13.51%), Fat: 9.02g (13.88%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 43.26g (15.73%), Sugar: 27.87g (30.97%), Cholesterol: 44.1mg (14.7%), Sodium: 318.89mg (13.86%), Alcohol: 0g (100%), Protein: 3.62g (7.23%), Phosphorus: 156.38mg (15.64%), Calcium: 107.03mg (10.7%), Selenium: 7.17µg (10.25%), Vitamin B2: 0.15mg (8.81%), Vitamin K: 8.37µg (7.98%), Folate: 30.34µg (7.58%), Iron: 1.04mg (5.77%), Vitamin B1: 0.08mg (5.61%), Vitamin E: 0.83mg (5.56%), Vitamin B3: 0.85mg (4.27%), Manganese:

0.07mg (3.73%), Vitamin B5: 0.28mg (2.81%), Fiber: 0.66g (2.65%), Vitamin B12: 0.15µg (2.5%), Zinc: 0.34mg (2.25%), Copper: 0.05mg (2.25%), Magnesium: 7.11mg (1.78%), Potassium: 61.81mg (1.77%), Vitamin B6: 0.03mg (1.71%), Vitamin A: 84.45IU (1.69%), Vitamin D: 0.23µg (1.56%)