



Raspberry Poke Cake

 Popular

READY IN



225 min.

SERVINGS



12

CALORIES



218 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix white
- ☐ 1 box raspberry gelatin (4-serving size)
- ☐ 1 cup water boiling
- ☐ 0.5 cup water cold
- ☐ 8 oz cool whip frozen thawed
- ☐ 1 serving raspberries fresh

Equipment

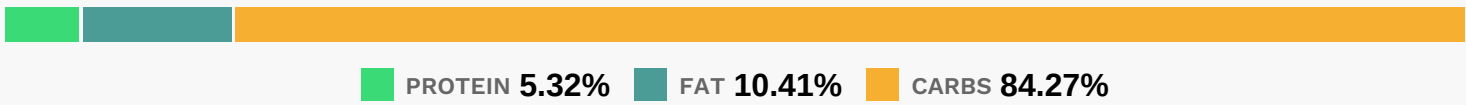
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan).
- ☐ Make and bake cake as directed on box for 13x9-inch pan. Cool completely in pan on cooling rack, about 1 hour.
- ☐ With tines of fork, poke holes over top of cake. In medium bowl, stir gelatin and boiling water until dissolved; stir in cold water. Carefully pour mixture evenly over top of cake. Run knife around sides of pan to loosen cake. Refrigerate 2 hours.
- ☐ Spread whipped topping over top of cake; garnish with raspberries. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.17, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:4.7017391738684%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 218.02kcal (10.9%), Fat: 2.57g (3.95%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 45.9g (16.69%), Sugar: 27.47g (30.52%), Cholesterol: 3.02mg (1.01%), Sodium: 346.71mg (15.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Phosphorus: 169.48mg (16.95%), Vitamin B2: 0.22mg (12.66%), Calcium: 117.11mg (11.71%), Folate: 34.63µg (8.66%), Vitamin B1: 0.12mg (8.22%), Selenium: 4.76µg (6.8%), Manganese: 0.12mg (6.13%), Vitamin B3: 1.13mg (5.64%), Iron: 0.89mg (4.94%), Vitamin B12: 0.28µg (4.66%), Fiber: 0.87g (3.5%), Vitamin E: 0.44mg (2.9%), Copper: 0.06mg (2.8%), Magnesium: 7.79mg (1.95%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.28mg (1.88%), Vitamin C: 1.31mg (1.59%), Potassium: 55.17mg (1.58%), Vitamin K: 1.61µg (1.53%), Vitamin B5: 0.14mg (1.44%)