



Red, White and Blue Fourth of July Poke Cake

READY IN



265 min.

SERVINGS



16

CALORIES



172 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1 box strawberry gelatin (4-serving size)
- 1 cup water boiling
- 0.5 cup water cold
- 1 box peach pie filling white instant (4-serving size)
- 0.5 cup milk cold
- 8 oz cool whip frozen thawed
- 1 cup strawberries fresh sliced
- 0.5 cup blueberries fresh

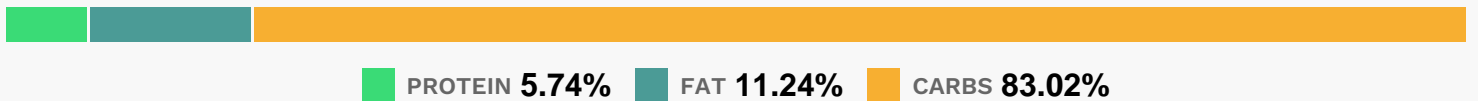
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake mix as directed on box for 13x9-inch pan. Cool in pan on cooling rack 20 minutes.
- With tines of fork, poke holes almost to bottom of warm cake about every 1/2 inch. In medium bowl, stir gelatin and boiling water until dissolved. Stir in cold water. Carefully pour mixture evenly over top of cake. Refrigerate, loosely covered, at least 3 hours but no longer than 12 hours until serving time.
- In large bowl, beat pudding mix and milk with whisk until blended and smooth. Gently stir in whipped topping. Drop by spoonfuls over top of cake; carefully spread until even. Arrange strawberries and blueberries on top of cake to look like flag. Store loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:4.2282608643822%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 1.47mg, Petunidin: 1.47mg, Petunidin: 1.47mg, Petunidin: 1.47mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

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Nutrients (% of daily need)

Calories: 171.72kcal (8.59%), Fat: 2.19g (3.37%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 35.67g (12.97%), Sugar: 21.71g (24.12%), Cholesterol: 3.18mg (1.06%), Sodium: 263.06mg (11.44%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.52g (5.03%), Phosphorus: 136.44mg (13.64%), Vitamin B2: 0.17mg (10.26%), Calcium: 98mg (9.8%), Vitamin C: 5.74mg (6.96%), Folate: 27.63µg (6.91%), Vitamin B1: 0.1mg (6.63%), Manganese: 0.12mg (5.87%), Selenium: 3.75µg (5.35%), Vitamin B3: 0.89mg (4.43%), Vitamin B12: 0.25µg (4.18%), Iron: 0.69mg (3.84%), Fiber: 0.7g (2.82%), Vitamin E: 0.35mg (2.33%), Copper: 0.05mg (2.29%), Vitamin K: 2.03µg (1.93%), Vitamin B6: 0.04mg (1.89%), Magnesium: 7.38mg (1.85%), Potassium: 64.51mg (1.84%), Zinc: 0.25mg (1.64%), Vitamin B5: 0.14mg (1.41%)