



Red, White and Blue Poke Cake

READY IN



290 min.

SERVINGS



16

CALORIES



203 kcal

DESSERT

Ingredients

- 0.5 cup blueberries fresh
- 1 box chocolate pudding white instant (4-serving size)
- 0.3 cup milk
- 1 cup strawberries fresh sliced
- 1 box strawberry gelatin (4-serving size)
- 0.5 cup water cold
- 1 cup water boiling
- 8 oz non-dairy whipped topping frozen thawed
- 1 box cake mix white

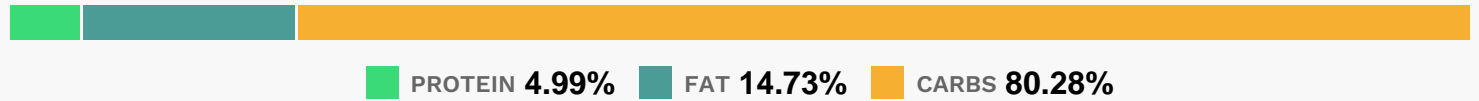
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F (325F for dark or nonstick pan). Make and bake cake mix as directed on box for 13x9-inch pan. Cool completely in pan, about 1 hour.
- Pierce cooled cake with fork at 1/2-inch intervals. In medium bowl, stir gelatin and boiling water until dissolved. Stir in cold water. Carefully pour mixture over entire surface of cake. Refrigerate at least 3 hours until serving time.
- In large bowl, mix pudding mix and milk until well blended. Gently stir in whipped topping.
- Spread over cake. 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:0.52, Inflammation Score:-1, Nutrition Score:3.9443478221479%

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, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 203.44kcal (10.17%), Fat: 3.37g (5.18%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 40.45g (14.71%), Sugar: 26.73g (29.7%), Cholesterol: 0.89mg (0.3%), Sodium: 347.8mg (15.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Phosphorus: 139.04mg (13.9%), Calcium: 90.34mg (9.03%), Manganese: 0.14mg (6.97%), Vitamin C: 5.74mg (6.96%), Folate: 25.82µg (6.46%), Vitamin B2: 0.1mg (5.84%), Selenium: 3.76µg (5.37%), Vitamin B1: 0.08mg (5.36%), Iron: 0.78mg (4.32%), Vitamin B3: 0.86mg (4.3%), Fiber: 0.86g (3.45%), Copper: 0.07mg (3.28%), Vitamin E: 0.41mg (2.74%), Magnesium: 9.63mg (2.41%), Vitamin K: 2.52µg (2.4%), Potassium: 73.84mg (2.11%), Zinc: 0.24mg (1.62%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.02mg (1.12%)