



Sports Jersey Cake

READY IN



320 min.

SERVINGS



20

CALORIES



128 kcal

DESSERT

Ingredients

- 6 candy-coated chocolate pieces
- 1 Tbsp decorating gel
- 3 drops food coloring
- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 2 cups milk cold
- 2 cups cool whip whipped topping divided thawed
- 1 pkg duncan hines classic decadent cake mix yellow (2-layer size)

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- skewers
- cutting board
- serrated knife

Directions

- Line 13x9-inch baking pan with foil, with ends of foil extending over sides of pan. Grease foil; set aside. Prepare cake batter and bake in prepared baking pan as directed on package. Cool in pan 15 min. (Do not remove cake from pan.) Pierce cake with large fork or skewer at 1/2-inch intervals; set aside.
- Add milk to dry pudding mixes in medium bowl. Beat with wire whisk 2 min. or until well blended.
- Pour evenly over cake. Refrigerate 4 hours or overnight.
- Remove cake from pan using foil handles; place on cutting board.
- Cut cake into pieces with serrated knife as shown in diagram and photo. Arrange on large serving platter to resemble a jersey, removing cake from foil before placing on platter. Stir food coloring into whipped topping; spread on top and sides of cake. Decorate with gel and candies to represent your favorite sports team. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.9, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.8256521717362%

Nutrients (% of daily need)

Calories: 128.45kcal (6.42%), Fat: 2.55g (3.93%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 24.18g (8.79%), Sugar: 14.39g (15.99%), Cholesterol: 3.12mg (1.04%), Sodium: 204.49mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Phosphorus: 110.4mg (11.04%), Calcium: 90.24mg (9.02%), Vitamin B2: 0.1mg (5.89%), Vitamin B1: 0.07mg (4.99%), Folate: 17.81µg (4.45%), Vitamin B3: 0.63mg (3.16%), Iron: 0.55mg (3.06%), Vitamin B12: 0.17µg (2.88%), Manganese: 0.05mg (2.54%), Selenium: 1.42µg (2.03%), Vitamin E: 0.29mg (1.92%), Vitamin B5: 0.19mg (1.85%), Vitamin B6: 0.04mg (1.82%), Vitamin D: 0.27µg (1.79%), Potassium: 56.56mg (1.62%), Magnesium: 6.08mg (1.52%), Fiber: 0.32g (1.29%), Zinc: 0.18mg (1.19%), Vitamin K: 1.06µg (1.01%)