



Strawberry-Lime Daiquiri Poke Cake

 Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



370 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 2 tablespoons lime zest grated
- 1 cup water
- 0.7 cup rum light
- 0.3 cup juice of lime fresh (from 2 limes)
- 2 boxes strawberry gelatin (4-serving size each)
- 12 oz vanilla frosting
- 1 slices strawberries

Equipment

- frying pan
- sauce pan
- oven
- wire rack
- toothpicks
- skewers
- drinking straws

Directions

- Make and bake cake mix as directed on box for two 8-inch round pans, adding grated lime peel to batter.
- Remove from pan to cooling rack; cool completely, about 1 hour. Wash and dry cake pans.
- Return cooled cake layers to clean 8-inch round pans. With thin stirring straw, toothpick or skewer, pierce cakes at 1/2-inch intervals.
- In 1-quart saucepan, heat 1 cup water to boiling.
- Remove from heat; stir in rum, lime juice and gelatin. Stir until completely dissolved. Spoon half of gelatin mixture over each cake. Refrigerate 1 to 3 hours to allow gelatin to set in cakes.
- To remove cakes from pans, dip pans in warm water 10 seconds. Unmold 1 cake onto serving platter; spread about 1 cup frosting on top of cake. Unmold second cake; carefully place on first cake on platter.
- Frost side and top of cake with remaining frosting. Refrigerate 1 hour before serving.
- Garnish with strawberries and lime. Loosely cover and refrigerate any remaining cake.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:8.62, Inflammation Score:-2, Nutrition Score:5.1530434664177%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.44mg, Pelargonidin: 3.44mg, Pelargonidin: 3.44mg, Pelargonidin: 3.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 369.95kcal (18.5%), Fat: 6.23g (9.59%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 68.85g (22.95%), Net Carbohydrates: 68.04g (24.74%), Sugar: 49.01g (54.46%), Cholesterol: 0mg (0%), Sodium: 418.16mg (18.18%), Alcohol: 4.45g (100%), Alcohol %: 4.03% (100%), Protein: 3.01g (6.02%), Phosphorus: 175.24mg (17.52%), Vitamin C: 10.44mg (12.66%), Vitamin B2: 0.19mg (11.16%), Calcium: 99.7mg (9.97%), Folate: 36.92µg (9.23%), Manganese: 0.15mg (7.35%), Vitamin B1: 0.1mg (6.86%), Selenium: 4.75µg (6.78%), Vitamin B3: 1.16mg (5.79%), Vitamin E: 0.87mg (5.77%), Iron: 0.98mg (5.43%), Vitamin K: 5.2µg (4.95%), Copper: 0.07mg (3.33%), Fiber: 0.81g (3.22%), Magnesium: 7.9mg (1.97%), Potassium: 67.66mg (1.93%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.02mg (1.09%)