



Survivor Birthday Party Poke Cake

READY IN



260 min.

SERVINGS



16

CALORIES



209 kcal

Ingredients

- 6 oz jell-o cherry flavor gelatin
- 1.5 cups chewy fruit snacks worm-shaped
- 2 baked 9-inch round cake layers white cooled
- 0.3 cup oreo cookies crushed finely
- 2 cups water boiling
- 8 oz cool whip whipped topping thawed

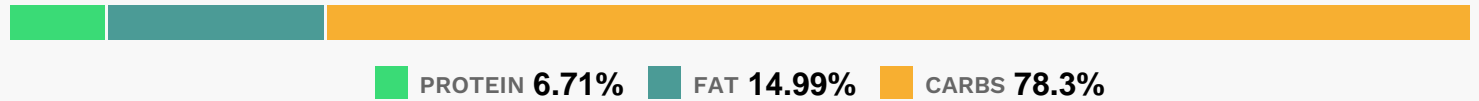
Equipment

- bowl

Directions

- Place cake layers, top sides up, in 2 clean 9-inch round pans. Pierce cakes with large fork at 1/2-inch intervals.
- Add boiling water to gelatin mixes in small bowl; stir 2 min. until completely dissolved.
- Pour over cake layers in pans. Refrigerate 3 hours.
- Dip bottoms of cake pans in warm water 10 sec.; unmold. Fill and frost with COOL WHIP. Refrigerate 1 hour.
- Decorate with remaining ingredients as desired.
- Add birthday cake sparklers for the torches.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5769565131353%

Nutrients (% of daily need)

Calories: 209.14kcal (10.46%), Fat: 3.53g (5.43%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 40.82g (14.84%), Sugar: 30.11g (33.46%), Cholesterol: 38.53mg (12.84%), Sodium: 308.89mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Iron: 1.52mg (8.45%), Phosphorus: 82.62mg (8.26%), Vitamin B2: 0.13mg (7.72%), Vitamin B1: 0.1mg (6.9%), Selenium: 4.64µg (6.63%), Manganese: 0.11mg (5.43%), Folate: 20.85µg (5.21%), Vitamin B3: 0.91mg (4.56%), Calcium: 39.33mg (3.93%), Copper: 0.07mg (3.49%), Vitamin A: 135.41IU (2.71%), Fiber: 0.64g (2.56%), Vitamin K: 2.46µg (2.35%), Potassium: 79.76mg (2.28%), Magnesium: 8.3mg (2.08%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.12µg (1.97%), Zinc: 0.25mg (1.69%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.34%)