



Tie Dye Poke Cake

 Dairy Free

READY IN



150 min.

SERVINGS



15

CALORIES



224 kcal

DESSERT

Ingredients

- 1 box cake mix white
- 1 cup water boiling
- 3 tablespoons strawberries lime-flavored (from 4-serving-size boxes)
- 12 oz vanilla frosting
- 2.7 oz decorating gel green blue (pink, , orange and)
- 17.6 oz frangelico

Equipment

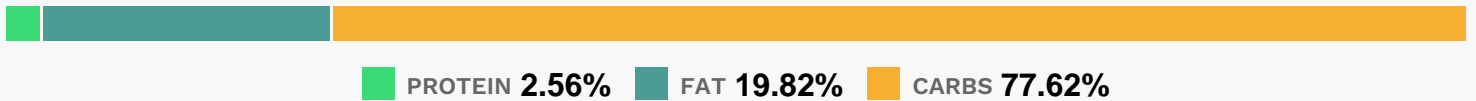
- bowl

- frying pan
- oven
- wire rack
- toothpicks
- skewers

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 13x9-inch pan with baking spray with flour. Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and egg whites. Cool in pan on cooling rack 20 minutes.
- Meanwhile, in 3 separate bowls, pour 1/3 cup of the boiling water over each flavored gelatin; stir until gelatin is dissolved. Poke warm cake every inch with wooden skewer halfway into cake, twisting skewer back and forth.
- Pour each color gelatin randomly over cake, allowing gelatin to fill in holes. Cool completely, about 1 hour.
- Frost cake. With decorating gels, draw vertical lines 1/4 inch apart on frosting, alternating colors. Pull fine-tip paintbrush in straight line across all colors. Repeat, working back and forth from one side of cake to the other to create a tie-dye effect.
- Roll fondant to 1/8-inch thickness; cut into rounds and flower shapes. Insert toothpicks halfway into cutouts; decorate cake slices as desired.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:6.69, Inflammation Score:-1, Nutrition Score:3.2839130478223%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg, Pelargonidin: 0.73mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg,

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 223.96kcal (11.2%), Fat: 4.95g (7.62%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 43.22g (15.72%), Sugar: 28.96g (32.18%), Cholesterol: 0mg (0%), Sodium: 281.4mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Phosphorus: 120.94mg (12.09%), Vitamin B2: 0.14mg (8.47%), Calcium: 77.11mg (7.71%), Folate: 26.65µg (6.66%), Vitamin B1: 0.08mg (5.18%), Vitamin B3: 0.88mg (4.42%), Vitamin E: 0.66mg (4.37%), Selenium: 3µg (4.28%), Manganese: 0.08mg (4.1%), Iron: 0.72mg (4%), Vitamin K: 3.94µg (3.76%), Vitamin C: 1.74mg (2.11%), Fiber: 0.44g (1.75%), Copper: 0.03mg (1.59%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.56mg (1.14%)