



## Tie Dye Poke Cake

 Dairy Free

READY IN



150 min.

SERVINGS



15

CALORIES



262 kcal

DESSERT

### Ingredients

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

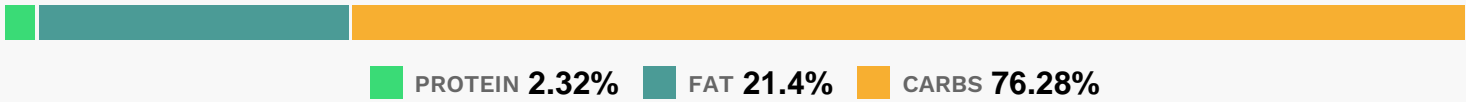
### Equipment

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

## Directions

- ☐ Heat oven to 350F (325F 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:2.87, Glycemic Load:8.99, Inflammation Score:-1, Nutrition Score:3.3060869043288%

## Nutrients (% of daily need)

Calories: 262.29kcal (13.11%), Fat: 6.26g (9.63%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 49.84g (18.12%), Sugar: 35.14g (39.05%), Cholesterol: 0mg (0%), Sodium: 302.84mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Phosphorus: 123.67mg (12.37%), Vitamin B2: 0.17mg (9.9%), Calcium: 76.92mg (7.69%), Folate: 26.63µg (6.66%), Vitamin B1: 0.08mg (5.19%), Vitamin E: 0.77mg

(5.14%), Vitamin K: 4.93µg (4.7%), Vitamin B3: 0.89mg (4.45%), Selenium: 3.09µg (4.41%), Iron: 0.72mg (4.02%), Manganese: 0.07mg (3.54%), Copper: 0.03mg (1.6%), Fiber: 0.38g (1.52%), Zinc: 0.18mg (1.21%), Vitamin B5: 0.12mg (1.18%), Magnesium: 4.29mg (1.07%)