

1-2-3 Cherry Poke Cake

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Servings: 12

*2 cups Cool Whip whipped topping,
thawed and divided*

*1 loaf (16 ounce) frozen pound cake,
thawed and room temperature*

3/4 cup boiling water

*1 package (3 ounce) JELL-O cherry
flavor gelatin*

1/4 cup cold water

1 ounce Baker's semi-sweet chocolate

1 1/2 cups cherry pie filling, divided

Preparation Time: 20 minutes

Pierce the cake with a skewer at 1/2-inch intervals, poking the skewer through the cake to the bottom of the pan.

Add boiling water to the gelatin mix in a small bowl. Stir for 2 minutes until completely dissolved. Stir in the cold water; spoon over the cake. Refrigerate for one hour.

Meanwhile, make curls from the semi-sweet chocolate.

Invert the cake onto a platter. Cut the cake horizontally in half. Spread the bottom of the cake with 1/3 cup of the Cool Whip. Cover with one cup of the pie filling. Add the other cake layer on top.

Frost the cake with the remaining Cool Whip.

Garnish with the remaining pie filling and chocolate curls.

Per Serving (excluding unknown items): 143 Calories; 5g Fat (34.2% calories from fat); 1g Protein; 22g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 97mg Sodium. Exchanges: 1 Fat; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	143	Vitamin B6 (mg):	trace
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% Calories from Fat: 34.2%
% Calories from Carbohydrates: 61.6%
% Calories from Protein: 4.2%
Total Fat (g): 5g
Saturated Fat (g): 3g
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 28mg
Carbohydrate (g): 22g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 97mg
Potassium (mg): 33mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 64IU
Vitamin A (r.e.): 6 1/2RE

Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 1mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 143 **Calories from Fat:** 49

% Daily Values*

Total Fat	5g	8%
	Saturated Fat 3g	15%
Cholesterol	28mg	9%
Sodium	97mg	4%
Total Carbohydrates	22g	7%
	Dietary Fiber trace	1%
Protein	1g	
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Vitamin A		1%
Vitamin C		1%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.