



Angel Food Cake Pops

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 angel food cake
- 0.5 cup chocolate chips dark
- 0.3 cup powdered sugar
- 20 servings you will also need: parchment paper
- 20 servings walnut pieces assorted crushed toasted sliced chopped
- 0.5 cup chocolate chips white
- 20 servings frangelico
- 20 servings frangelico

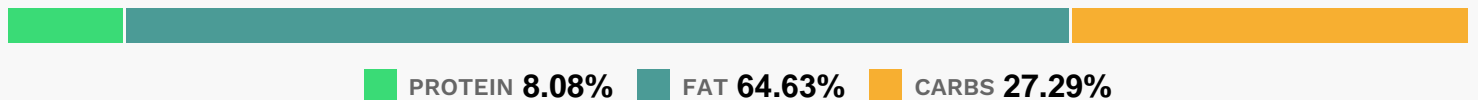
Equipment

- food processor
- bowl
- whisk
- microwave
- lollipop sticks

Directions

- In a small bowl, combine cream cheese and powdered sugar; stir with a whisk.
- With clean hands, break up the angel food cake into large pieces (about 6 cups total).
- Place in the bowl of a food processor and pulse until fine crumbs form; transfer crumbs to a large bowl.
- Add the cream cheese mixture and blend until a dough forms. Shape into 1-inch balls and insert lollipop sticks.
- Transfer to a large plate and refrigerate for 20 minutes.
- Place the dark chocolate and white chocolate chips into separate microwave-safe bowls.
- Heat one bowl at a time for 30 seconds.
- Remove and stir until chips are melted and smooth (you may need to microwave for another 20 seconds). Immediately remove pops from the refrigerator and dip into either chocolate bowl; sprinkle with desired toppings.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:2.28, Inflammation Score:-3, Nutrition Score:8.212608717058%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 297.19kcal (14.86%), Fat: 22.48g (34.59%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 19.12g (6.95%), Sugar: 11.62g (12.92%), Cholesterol: 1.08mg (0.36%), Sodium: 102.08mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.65%), Manganese: 1.05mg (52.4%), Copper: 0.5mg (25.05%), Phosphorus: 157.64mg (15.76%), Magnesium: 51.12mg (12.78%), Fiber: 2.24g (8.97%), Vitamin B6: 0.17mg (8.53%), Vitamin B1: 0.13mg (8.49%), Folate: 33.73µg (8.43%), Zinc: 1.15mg (7.66%), Selenium: 4.8µg (6.86%), Calcium: 66.75mg (6.68%), Vitamin B2: 0.1mg (5.92%), Iron: 1.02mg (5.64%), Potassium: 197.46mg (5.64%), Vitamin B5: 0.25mg (2.51%), Vitamin B3: 0.5mg (2.48%), Vitamin E: 0.33mg (2.17%), Vitamin K: 1.58µg (1.51%)