



## Bear Cookie Pops

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



456 kcal

DESSERT

## Ingredients

- ☐ 12 celery stalks with rounded ends
- ☐ 1 tube decorating gel red betty crocker® (0.68)
- ☐ 1 eggs
- ☐ 24 flat parsely ()
- ☐ 12 add a hershey's chocolate kiss on top as done kisses®
- ☐ 1 pouch peanut butter sandwich cookie crumbs betty crocker® (1 lb 1.5 oz)
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

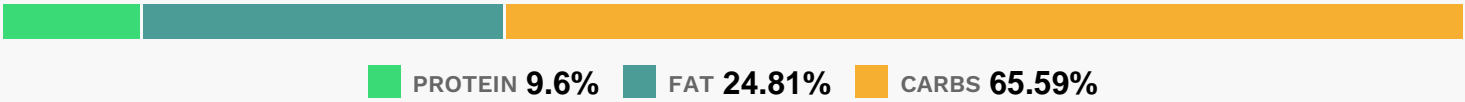
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Heat oven to 375°F. In medium bowl, stir cookie mix, oil, water and egg until soft dough forms.
- ☐ Shape dough into 12 balls, using 1 1/2 tablespoons dough for each.
- ☐ Place balls about 4 inches apart on ungreased cookie sheet. Shape remaining dough into 24 balls, using 1 teaspoon dough for each.
- ☐ Insert stick into side of each large ball; place 2 small balls next to each large ball for ears. Press balls evenly until about 1/4 inch thick.
- ☐ Bake 11 to 13 minutes or until edges begin to brown. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- ☐ Add 2 flat candies on each cookie for eyes and 1 milk chocolate candy for nose, using gel to attach. Squeeze on gel for mouth.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:41.53, Inflammation Score:-1, Nutrition Score:5.7778260591237%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 455.52kcal (22.78%), Fat: 12.71g (19.55%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 75.56g (25.19%), Net Carbohydrates: 72.15g (26.23%), Sugar: 18.89g (20.99%), Cholesterol: 14.79mg (4.93%), Sodium: 780.71mg

(33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.12%), Manganese: 0.39mg (19.5%), Vitamin B1: 0.22mg (14.39%), Fiber: 3.41g (13.66%), Iron: 1.77mg (9.83%), Vitamin B3: 1.73mg (8.65%), Phosphorus: 85.82mg (8.58%), Calcium: 81.57mg (8.16%), Vitamin K: 7.44µg (7.08%), Copper: 0.14mg (6.93%), Vitamin B2: 0.1mg (5.68%), Folate: 22.36µg (5.59%), Magnesium: 21.69mg (5.42%), Zinc: 0.72mg (4.83%), Vitamin B5: 0.38mg (3.84%), Potassium: 111.46mg (3.18%), Vitamin E: 0.33mg (2.18%), Vitamin B6: 0.04mg (1.82%), Selenium: 1.14µg (1.63%)