



Bluebird Cake Pops

READY IN



230 min.

SERVINGS



48

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box chocolate cake mix
- 12 oz cream cheese frosting
- 8.8 oz raspberries blue
- 0.5 oz cranberry-orange relish assorted (from 17.6-oz box neon colors)
- 18 oz candy melts blue
- 4.5 teaspoons shortening
- 0.8 teaspoon purple gel food coloring blue
- 48 you will also need: parchment paper
- 1 serving weight cream cheese

1 serving m&m candies black

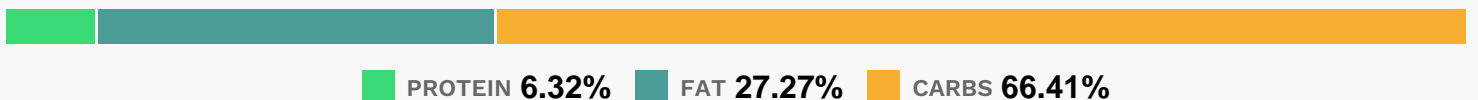
Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave
- kitchen scissors
- lollipop sticks

Directions

- Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs. Cool. Line cookie sheet with waxed paper. Crumble cake into large bowl.
- Add frosting; mix well. Shape into 1 1/4-inch oblong balls; pinch narrow end to look like tail feathers.
- Place on cookie sheet. Freeze until firm; keep refrigerated.
- With kitchen scissors, cut taffy candies into wing shapes. Shape fondant into 1/4-inch cones for beaks. In microwavable bowl, microwave candy melts and shortening uncovered on Medium (50%) 2 minutes, stirring once, then in 15-second intervals, until melted; stir in candy color until smooth. Dip tip of 1 lollipop stick about 1/2 inch into melted candy; insert stick into 1 cake ball no more than halfway. Repeat. Return pops to cookie sheet. Refrigerate 5 minutes; remove a few at a time. Dip each cake ball into melted candy to cover; tap off excess. Poke opposite end of stick into foam block. Immediately attach wings, confetti for eyes and orange cone for beak.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:1.43, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.1921738748965%

Flavonoids

Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg, Cyanidin: 2.38mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 155.13kcal (7.76%), Fat: 4.76g (7.32%), Saturated Fat: 2g (12.48%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 25.17g (9.15%), Sugar: 11.27g (12.53%), Cholesterol: 1.76mg (0.59%), Sodium: 201.68mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Selenium: 6.52µg (9.32%), Manganese: 0.18mg (8.86%), Vitamin B1: 0.12mg (7.73%), Iron: 1.1mg (6.08%), Vitamin B3: 1.21mg (6.04%), Folate: 23.11µg (5.78%), Vitamin B2: 0.09mg (5.22%), Phosphorus: 41.56mg (4.16%), Fiber: 0.91g (3.65%), Copper: 0.07mg (3.51%), Calcium: 24.5mg (2.45%), Magnesium: 9.35mg (2.34%), Vitamin C: 1.52mg (1.84%), Potassium: 56.2mg (1.61%), Zinc: 0.23mg (1.54%), Vitamin E: 0.17mg (1.16%)