

Bluebird Cake Pops

READY IN



230 min.

SERVINGS



48

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 48 servings weight cream cheese
- 1 box chocolate cake mix
- 48 servings m&m candies black
- 0.8 teaspoon m&m candies blue
- 18 oz candy melts blue
- 0.5 oz cranberry-orange relish assorted (from 17.6-oz box neon colors)
- 8.8 oz raspberries blue
- 48 you will also need: parchment paper
- 4.5 teaspoons shortening

- 1 cup whipped cream (from 12-oz container)

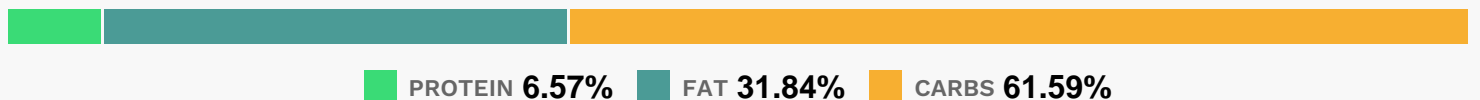
Equipment

- 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:2.57, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.5078260768205%

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: 204.07kcal (10.2%), Fat: 7.27g (11.19%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 30.33g (11.03%), Sugar: 16.16g (17.95%), Cholesterol: 5.04mg (1.68%), Sodium: 205.16mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Selenium: 6.55µg (9.36%), Manganese: 0.18mg (8.82%), Vitamin B1: 0.12mg (7.79%), Iron: 1.27mg (7.04%), Vitamin B3: 1.21mg (6.05%), Folate: 23.49µg (5.87%), Vitamin B2: 0.09mg (5.4%), Fiber: 1.31g (5.24%), Phosphorus: 47.58mg (4.76%), Calcium: 46.11mg (4.61%), Copper: 0.07mg (3.46%), Magnesium: 9.56mg (2.39%), Vitamin C: 1.61mg (1.95%), Potassium: 58.28mg (1.67%), Zinc: 0.25mg (1.66%), Vitamin E: 0.18mg (1.21%)