



Boston Cream Cake Pops

READY IN



215 min.

SERVINGS



24

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 16 oz candy coating disks melted chopped
- 1 tablespoon cornstarch
- 1 large weight cream cheese white
- 2 egg yolk beaten
- 1 cup milk
- 0.5 cup vanilla extract white
- 24 you will also need: parchment paper
- 1 Dash salt

- 0.5 teaspoon shortening
- 3 tablespoons sugar
- 0.5 teaspoon vanilla paste
- 1 box cake mix yellow

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- plastic wrap
- lollipop sticks

Directions

- Heat oven to 350F. Spray bottom of 13x9- inch pan with cooking spray. Make and bake cake mix in pan as directed on box, using water, oil and eggs. Cool. In 2-quart saucepan, mix sugar, cornstarch and salt.
- Add milk and yolks. Cook and stir over medium heat until mixture boils. Boil 1 minute. Stir in butter and vanilla.
- Remove from heat. Cover surface of pudding with plastic wrap; cool.
- Line cookie sheet with waxed paper. Crumble cake into large bowl.
- Add pudding; mix well with fingers until mixture comes together. Shape into 1 1/2-inch balls; place on cookie sheet. Freeze until firm; transfer to refrigerator.
- Remove cake balls from refrigerator a few at a time. Dip tip of 1 lollipop stick about 1/2 inch into melted candy and insert stick no more than halfway into 1 cake ball. Dip each cake ball into melted candy to cover; tap off excess. Poke opposite end of stick into foam block.
- Let stand until set. Melt baking chips with shortening; drizzle over pops.
- Let stand until set.

Nutrition Facts

PROTEIN 6.95% FAT 25.44% CARBS 67.61%

Properties

Glycemic Index:4.5, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:4.9652174167011%

Nutrients (% of daily need)

Calories: 288.34kcal (14.42%), Fat: 7.68g (11.82%), Saturated Fat: 6.32g (39.47%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 45.31g (16.48%), Sugar: 25.95g (28.83%), Cholesterol: 20.26mg (6.75%), Sodium: 349.23mg (15.18%), Alcohol: 1.49g (100%), Alcohol %: 2.16% (100%), Protein: 4.72g (9.44%), Phosphorus: 147.97mg (14.8%), Vitamin B1: 0.16mg (10.74%), Selenium: 7.52µg (10.74%), Calcium: 102.55mg (10.26%), Vitamin B2: 0.17mg (10.18%), Folate: 36.48µg (9.12%), Manganese: 0.18mg (8.77%), Vitamin B3: 1.58mg (7.9%), Iron: 1.15mg (6.41%), Vitamin B12: 0.2µg (3.33%), Zinc: 0.42mg (2.77%), Copper: 0.05mg (2.57%), Vitamin B5: 0.25mg (2.48%), Magnesium: 9.87mg (2.47%), Fiber: 0.6g (2.41%), Potassium: 75.47mg (2.16%), Vitamin B6: 0.04mg (1.98%), Vitamin E: 0.27mg (1.79%), Vitamin A: 66.62IU (1.33%), Vitamin D: 0.19µg (1.29%)