



## Boston Cream Cake Pops

READY IN



215 min.

SERVINGS



24

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 box cake mix yellow
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 1 Dash salt
- 1 cup milk
- 2 egg yolk beaten
- 1 tablespoon butter
- 0.5 teaspoon vanilla paste
- 24 you will also need: parchment paper

- 16 oz candy coating disks melted chopped
- 1 large weight cream cheese white
- 0.5 cup peppermint candies white
- 0.5 teaspoon shortening

## Equipment

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

## Directions

- Heat oven to 350°F. 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 6.67% ■ FAT 28.39% ■ CARBS 64.94%

## Properties

Glycemic Index:4.5, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:4.9299999916035%

## Nutrients (% of daily need)

Calories: 302.63kcal (15.13%), Fat: 9.38g (14.43%), Saturated Fat: 7.78g (48.59%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 47.69g (17.34%), Sugar: 28.2g (31.33%), Cholesterol: 20.26mg (6.75%), Sodium: 351.89mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Phosphorus: 147.71mg (14.77%), Calcium: 109.47mg (10.95%), Selenium: 7.52µg (10.74%), Vitamin B1: 0.16mg (10.7%), Vitamin B2: 0.17mg (9.94%), Folate: 36.48µg (9.12%), Manganese: 0.17mg (8.27%), Vitamin B3: 1.56mg (7.81%), Iron: 1.15mg (6.38%), Vitamin B12: 0.2µg (3.33%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.25mg (2.46%), Copper: 0.05mg (2.42%), Fiber: 0.6g (2.41%), Magnesium: 9.35mg (2.34%), Potassium: 69.05mg (1.97%), Vitamin B6: 0.04mg (1.93%), Vitamin E: 0.27mg (1.79%), Vitamin A: 66.62IU (1.33%), Vitamin D: 0.19µg (1.29%)