



Brownie Pops

 Dairy Free

READY IN



165 min.

SERVINGS



24

CALORIES



360 kcal

DESSERT

Ingredients

- 1 box brownie mix (1 lb 6.25 oz)
- 24 celery stalks (with round ends)
- 24 servings m&m candies (assorted)
- 9 oz semi chocolate chips
- 1 tablespoon shortening
- 24 servings vegetable oil (for on brownie mix box)

Equipment

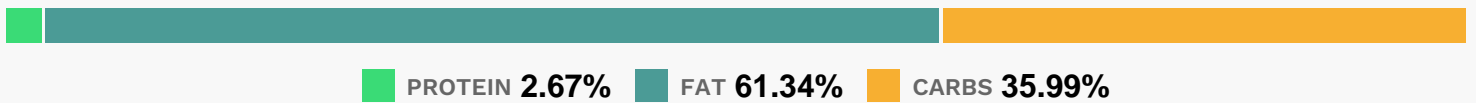
- bowl

- frying pan
- baking sheet
- oven
- aluminum foil
- microwave

Directions

- Heat oven to 350F. (325F for dark or nonstick pan). Line 13x9-inch pan with foil so foil extends about 2 inches over sides of pan. Grease bottom only of foil with shortening or cooking spray. Make brownies as directed on box. Cool completely, about 1 hour.
- Place brownies in freezer for 30 minutes.
- Remove brownies from pan by lifting foil; peel foil from sides of brownies.
- Cut brownies into 24 bars, 6 rows by 4 rows. Gently insert craft stick into end of each bar, peeling foil from bars.
- Place on cookie sheet; freeze 30 minutes.
- In small microwavable bowl, microwave chocolate chips and shortening uncovered on High about 1 minute; stir until smooth. If necessary, microwave additional 5 seconds at a time. Dip top 1/3 to 1/2 of each brownie into chocolate; sprinkle with candy sprinkles.
- Lay flat on waxed paper or foil to dry.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.5604347638462%

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: 359.6kcal (17.98%), Fat: 24.69g (37.98%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 31.27g (11.37%), Sugar: 23.88g (26.53%), Cholesterol: 2.89mg (0.96%), Sodium: 76.53mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 2.42g (4.83%), Vitamin K: 27.97µg (26.64%), Vitamin E: 1.25mg (8.34%), Iron: 1.46mg (8.14%), Manganese: 0.14mg (7.25%), Copper: 0.13mg (6.7%), Fiber: 1.32g (5.28%), Magnesium: 19.15mg (4.79%), Phosphorus: 28.6mg (2.86%), Calcium: 25.6mg (2.56%), Potassium: 70.68mg (2.02%), Zinc: 0.29mg (1.91%), Selenium: 0.91µg (1.3%), Vitamin A: 56.88IU (1.14%)