



Bunny Cake Poppers

READY IN



135 min.

SERVINGS



15

CALORIES



412 kcal

DESSERT

Ingredients

- 1 box betty delights super strawberry cake mix
- 12 oz fluffy frosting
- 3 cups candy melts
- 15 pink lady apples
- 1 serving you will also need: parchment paper
- 1 serving pink lady apples blue
- 1 serving weight cream cheese white
- 1 serving purple gel food coloring blue

Equipment

- bowl
- frying pan
- baking paper
- oven
- microwave
- rolling pin
- kitchen scissors
- lollipop sticks

Directions

- Make and bake cake mix as directed on box in 13x9-inch pan, using water, oil and eggs. Cool completely, about 1 hour.
- With fingers, crumble cake into fine crumbs into large bowl.
- Add 1/4 cup of the frosting; with fork, work frosting into cake crumbs. Continue to add frosting by tablespoonfuls as needed, adding just enough frosting to create a thick, clay-like mixture.
- Shape mixture into 1- to 1 1/2-inch balls; place on sheet of parchment paper.
- Place candy melts in small deep bowl. Microwave uncovered on High 60 to 90 seconds, stirring melted candy until smooth.
- Dip end of each lollipop stick into melted candy, then insert stick firmly into center of 1 cake ball; place on parchment paper.
- Let stand until candy is hard.
- Meanwhile, microwave chewy candies, one by one, on High 4 to 6 seconds.
- Roll each candy until flat with rolling pin. When cool, use kitchen scissors to cut candy into 2 small teardrop shapes; pinch ends to create ears.
- For each popper, gently dip 1 cake ball into melted candy; quickly lift and allow candy to drip back into bowl. Turn cake popper right side up, gently press 2 candy ears into top of popper. Carefully attach 2 blue candy sprinkles for eyes and 1 pink candy sprinkle for nose. Gently press cake popper into plastic foam to allow candy to harden.
- Use food-safe marker to draw whiskers and bunny mouths.

Nutrition Facts

PROTEIN 1.12% FAT 25.34% CARBS 73.54%

Properties

Glycemic Index:7.13, Glycemic Load:13.41, Inflammation Score:-2, Nutrition Score:4.2843477909818%

Flavonoids

Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg, Cyanidin: 2.92mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 14.02mg, Epicatechin: 14.02mg, Epicatechin: 14.02mg, Epicatechin: 14.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 411.87kcal (20.59%), Fat: 11.76g (18.09%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 76.78g (25.59%), Net Carbohydrates: 72.31g (26.29%), Sugar: 59.94g (66.6%), Cholesterol: 0.01mg (0%), Sodium: 259.01mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Fiber: 4.47g (17.88%), Vitamin C: 8.56mg (10.38%), Vitamin B2: 0.16mg (9.61%), Vitamin B1: 0.11mg (7.66%), Vitamin K: 7.04µg (6.71%), Calcium: 65.68mg (6.57%), Potassium: 207.15mg (5.92%), Vitamin E: 0.68mg (4.55%), Iron: 0.74mg (4.13%), Vitamin B6: 0.08mg (3.82%), Vitamin B3: 0.76mg (3.79%), Manganese: 0.07mg (3.28%), Folate: 11.5µg (2.87%), Copper: 0.05mg (2.52%), Phosphorus: 24.96mg (2.5%), Magnesium: 9.56mg (2.39%), Vitamin A: 100.57IU (2.01%), Vitamin B5: 0.13mg (1.27%)