



Candy Bar Cookie Pops

 Dairy Free

READY IN



80 min.

SERVINGS



28

CALORIES



168 kcal

DESSERT

Ingredients

- 28 celery stalks (with round ends)
- 14 chocolate bar (crispy with chewy caramel and crunchies (from a 12.5-oz bag))
- 1 eggs
- 1 box chocolate cake mix
- 0.5 cup powdered sugar
- 0.5 cup vegetable oil (melted)

Equipment

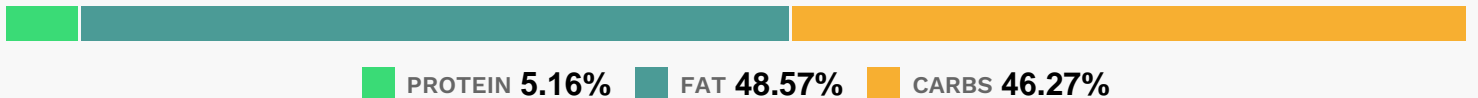
- bowl

- baking sheet
- oven
- wire rack
- aluminum foil

Directions

- Heat oven to 350F (325F for dark or nonstick cookie sheet). Line cookie sheet with foil.
- Cut each candy bar in half crosswise. Poke craft stick into side of each.
- In large bowl, mix cake mix, oil and egg with spoon until dough forms. For each cookie pop, form 1 rounded tablespoonful of dough into a ball; flatten in palm of hand, and place candy on top. Form dough around candy, sealing well.
- Roll in powdered sugar to cover completely.
- Place 2 inches apart on cookie sheet.
- Bake 11 to 13 minutes or until set. Cookie will appear moist in the cracks.
- Let cool on cookie sheet 2 minutes.
- Remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:4.710434773046%

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: 167.78kcal (8.39%), Fat: 9.31g (14.32%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18g (6.54%), Sugar: 11.42g (12.69%), Cholesterol: 6.27mg (2.09%), Sodium: 135.56mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.23g (4.45%), Manganese: 0.31mg (15.59%), Copper: 0.31mg (15.58%), Iron: 2.4mg (13.32%), Magnesium: 39.8mg (9.95%), Phosphorus: 88.85mg

(8.88%), Fiber: 1.96g (7.84%), Selenium: 3.38µg (4.82%), Potassium: 163.63mg (4.68%), Zinc: 0.61mg (4.08%), Vitamin K: 4.22µg (4.02%), Calcium: 35.86mg (3.59%), Folate: 11.74µg (2.94%), Vitamin B2: 0.05mg (2.67%), Vitamin E: 0.34mg (2.3%), Vitamin B1: 0.03mg (2.16%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.11mg (1.13%)