



Carrot Cake Pops

 **Gluten Free**

READY IN



140 min.

SERVINGS



50

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box betty delights super carrot cake mix
- 0.5 cup carrots grated
- 16 oz cream cheese frosting
- 24 oz candy melts white
- 2 tablespoons shortening
- 50 you will also need: parchment paper
- 1 cup walnuts toasted finely chopped
- 1 serving weight cream cheese

Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave
- lollipop sticks

Directions

- Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs and adding grated carrot. Cool. Line cookie sheet with waxed paper. Crumble cake into large bowl.
- Add frosting; mix well. Shape into 1-inch balls; place on cookie sheet. Freeze until firm; keep refrigerated.
- In microwavable bowl, microwave candy melts and shortening uncovered on Medium (50%) 2 minutes, then in 15-second intervals, until melted; stir until smooth. Dip tip of 1 lollipop stick about 1/2 inch into melted candy and insert stick into 1 cake ball no more than halfway. Repeat. Return cake pops to cookie sheet. Refrigerate 5 minutes.
- Remove from refrigerator a few at a time. Dip each cake ball into melted candy to cover; tap off excess. Immediately dip top in walnuts, pressing to adhere. Poke opposite end of stick into foam block.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:1.34, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:3.1452173840093%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 177.99kcal (8.9%), Fat: 5.84g (8.99%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 27.32g (9.94%), Sugar: 13.35g (14.83%), Cholesterol: 1.71mg (0.57%), Sodium: 172.65mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Manganese: 0.2mg (10.21%), Vitamin A: 455.66IU (9.11%), Selenium: 5.52µg (7.89%), Vitamin B1: 0.11mg (7.17%), Vitamin B3: 1.07mg (5.35%), Iron: 0.95mg (5.27%), Folate: 18.88µg (4.72%), Vitamin B2: 0.08mg (4.51%), Fiber: 0.85g (3.4%), Copper: 0.07mg (3.38%), Phosphorus: 24.31mg (2.43%), Magnesium: 7.84mg (1.96%), Calcium: 18.18mg (1.82%), Zinc: 0.21mg (1.42%)