



## Cheerios® Banana Cake Pops

READY IN



420 min.

SERVINGS



60

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 box cake mix yellow
- 1 cup banana very ripe mashed (2 medium)
- 0.5 cup vegetable oil
- 0.3 cup water
- 3 eggs
- 28 oz candy melts yellow
- 60 you will also need: parchment paper
- 3.5 cup corn flakes/bran flakes
- 3.5 cup peanut butter

- 1 serving weight cream cheese white

## Equipment

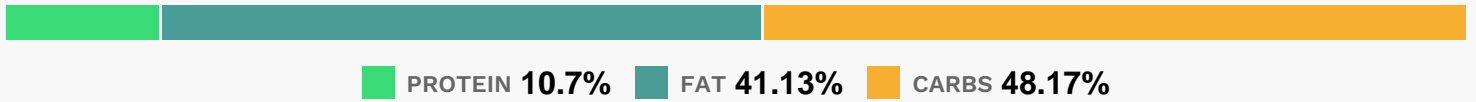
- bowl
- frying pan
- oven
- wire rack
- plastic wrap
- baking pan
- hand mixer
- toothpicks
- microwave
- lollipop sticks

## Directions

- Heat oven to 325°F. Spray nonstick cake pop baking pan with baking spray with flour.
- In large bowl, beat cake mix, bananas, oil, water and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally until smooth. In bottom half of pan (without holes), fill each well with 1 level measuring tablespoon of cake batter.
- Place top half of pan on top and secure with keys. (Cover remaining cake with plastic wrap; place in refrigerator.)
- Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan.
- Remove cake balls from pan; cool completely on wire rack. Repeat with remaining cake batter cleaning and spraying pan before filling with batter.
- In microwavable bowl, microwave 1 bag of candy melts uncovered on Medium (50%) 1 minute, and then in 15 second intervals, until melted; stir until smooth. Before dipping cake balls, trim edges of baked cake balls. Dip tip of each lollipop stick about 1/2 inch into melted candy and insert cake pop into melted candy to cover; tap off and excess. (Reheat candy in microwave if too thick to coat.) Immediately place cereal onto coated cake pops to decorate. Insert cake pops into plastic foam to allow candy to harden. Repeat with remaining cake pops and candy

melts.

## Nutrition Facts



### Properties

Glycemic Index:2.35, Glycemic Load:1.69, Inflammation Score:-3, Nutrition Score:7.2147826759712%

### Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg

### Nutrients (% of daily need)

Calories: 222.21kcal (11.11%), Fat: 10.43g (16.05%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 25.84g (9.39%), Sugar: 9.63g (10.7%), Cholesterol: 9.9mg (3.3%), Sodium: 257.84mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Manganese: 0.45mg (22.45%), Vitamin B3: 3.64mg (18.2%), Folate: 52.25µg (13.06%), Selenium: 8.16µg (11.66%), Vitamin B1: 0.17mg (11.42%), Phosphorus: 108.59mg (10.86%), Vitamin E: 1.52mg (10.16%), Iron: 1.78mg (9.87%), Vitamin B2: 0.17mg (9.71%), Magnesium: 36.39mg (9.1%), Fiber: 1.66g (6.64%), Vitamin B6: 0.13mg (6.59%), Copper: 0.11mg (5.64%), Zinc: 0.69mg (4.6%), Calcium: 36.96mg (3.7%), Potassium: 128.98mg (3.69%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.15µg (2.48%), Vitamin A: 74.48IU (1.49%)