

Choc-egg lollies

 Gluten Free

READY IN



65 min.

SERVINGS



20

CALORIES



499 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g peach-flavored iced tea
- ☐ 100 g chocolate dark melted
- ☐ 200 g chocolate white
- ☐ 20 servings sprinkles for decorating
- ☐ 2 kg rice for standing the lollies in while they set
- ☐ 20 hot-brewed coffee

Equipment

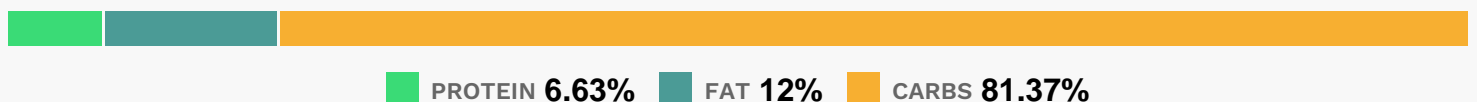
- ☐ food processor

- ☐ bowl
- ☐ cake form
- ☐ microwave
- ☐ skewers

Directions

- ☐ Tip the raw rice into a deep cake tin and cover the top with cling film (so that you can recycle the rice after!).
- ☐ Crumble the brownies into a food processor and dollop in the melted dark chocolate. Whizz until well mixed. Scoop out tbsps of the mixture and roll into egg shapes between your hands. Gently poke a lolly stick or skewer in about halfway, poke into the rice to stand up, and chill for 2–3 hrs until really firm.
- ☐ Melt the white chocolate gently in a bowl over a pan of barely simmering water (or in a microwave on Low), then take off the heat and let cool for 1–2 mins to thicken slightly. One by one, dip the chocolate eggs into the white chocolate to coat, then let the excess drip back into the chocolate bowl. Stand the lollies in the rice-filled cake tin. Tip the sprinkles into small bowls, then dip the egg lollies in, gently rolling them around and coating them. Chill again for 1–2 hrs, or overnight, until the chocolate is really hard and set.
- ☐ Nibble lollies as they are, or if they are for an egg hunt, wrap them in small squares of cellophane, gathering it up around the stick below the egg and tying with pretty ribbon.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:52.65, Inflammation Score:-1, Nutrition Score:8.8234781870699%

Nutrients (% of daily need)

Calories: 498.91kcal (24.95%), Fat: 6.52g (10.03%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 99.52g (33.17%), Net Carbohydrates: 97.65g (35.51%), Sugar: 18.25g (20.27%), Cholesterol: 2.25mg (0.75%), Sodium: 15.82mg (0.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.4mg (1.8%), Protein: 8.11g (16.22%), Manganese: 1.22mg (60.92%), Selenium: 15.89µg (22.7%), Copper: 0.32mg (15.77%), Phosphorus: 148.23mg (14.82%), Vitamin B5: 1.1mg (10.98%), Magnesium: 37.83mg (9.46%), Zinc: 1.33mg (8.88%), Vitamin B3: 1.73mg (8.65%), Vitamin B6: 0.17mg (8.58%), Iron: 1.42mg (7.88%), Fiber: 1.87g (7.46%), Calcium: 52.17mg (5.22%), Vitamin B1: 0.08mg (5.21%),

Potassium: 181.84mg (5.2%), Vitamin B2: 0.08mg (4.82%), Folate: 8.72µg (2.18%), Vitamin E: 0.24mg (1.57%),
Vitamin K: 1.38µg (1.31%), Vitamin B12: 0.07µg (1.17%)