



Chocolate Dipped Coconut Pops



Vegetarian



Gluten Free

READY IN



375 min.

SERVINGS



6

CALORIES



411 kcal

Ingredients

- ☐ 13.5 oz coconut milk canned (not cream of coconut)
- ☐ 0.7 cup condensed milk sweetened (from 14-oz can)
- ☐ 0.5 cup chocolate topping that forms shell hard
- ☐ 0.3 cup coconut flakes shredded flaked toasted

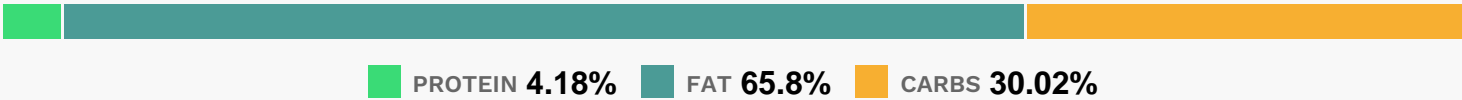
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐
- In medium bowl, beat coconut milk and sweetened condensed milk with whisk until smooth. Divide mixture among 6 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer’s directions.) Freeze about 6 hours or until frozen.
- ☐
- Pour chocolate topping into 1-cup glass measuring cup. Working with 1 pop at a time, remove pop from cup. Dip top half of pop into chocolate topping; immediately sprinkle coconut over chocolate before it hardens.
- ☐
- Serve immediately, or return decorated pops to freezer. Repeat with remaining pops.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:11.28, Inflammation Score:-2, Nutrition Score:7.1713043282861%

Nutrients (% of daily need)

Calories: 410.94kcal (20.55%), Fat: 31.32g (48.19%), Saturated Fat: 24.79g (154.91%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 29.42g (10.7%), Sugar: 28.86g (32.07%), Cholesterol: 11.56mg (3.85%), Sodium: 62.94mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Manganese: 0.72mg (35.8%), Phosphorus: 159.53mg (15.95%), Selenium: 9.86µg (14.09%), Fiber: 2.73g (10.94%), Calcium: 107.99mg (10.8%), Copper: 0.21mg (10.62%), Magnesium: 36.69mg (9.17%), Potassium: 319.54mg (9.13%), Vitamin B2: 0.15mg (8.6%), Iron: 1.47mg (8.17%), Zinc: 0.84mg (5.61%), Vitamin B5: 0.41mg (4.1%), Folate: 14.37µg (3.59%), Vitamin B1: 0.05mg (3.33%), Vitamin C: 2.74mg (3.32%), Vitamin B3: 0.58mg (2.92%), Vitamin B6: 0.05mg (2.63%), Vitamin B12: 0.15µg (2.49%), Vitamin A: 90.78IU (1.82%), Vitamin E: 0.17mg (1.14%)