



## Chocolate Espresso and Cream Cake Pops

READY IN



180 min.

SERVINGS



40

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons espresso powder instant
- 1.3 cups water
- 1 box chocolate cake mix
- 0.5 cup vegetable oil
- 3 eggs
- 12 oz cream cheese frosting
- 14 oz candy melts red
- 14 oz candy melts white
- 1 teaspoon shortening

- 40 you will also need: parchment paper
- 1 serving sprinkles
- 1 serving p of sugar red
- 1 large weight cream cheese white

## Equipment

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

## Directions

- Heat oven to 350°F. Grease 13x9-inch pan with shortening or cooking spray. In small bowl, mix coffee powder and water until dissolved. Make and bake cake mix as directed on box, using oil and eggs and substituting coffee mixture for water. Cool completely in pan on cooling rack.
- Line cookie sheet with waxed paper. With fingers, crumble cake into large bowl.
- Add frosting; mix well with hands until dough forms.
- Roll tablespoonfuls of dough into firm balls; place on cookie sheet. Freeze about 15 minutes.
- In microwavable bowl, microwave red candy melts as directed on bag. Stir in 1/2 teaspoon of the shortening until smooth and mixture slightly runs off spoon. Repeat with white candy melts and remaining 1/2 teaspoon shortening.
- Remove cake balls from freezer. For each pop, dip tip of 1 lollipop stick halfway into melted candy and insert stick halfway into 1 cake ball.
- Place on lined cookie sheet until all sticks are attached. Dip balls in red or white melted candy until well coated; tap off any excess. Decorate with sprinkles, red sugar or opposite color of coating, as desired. Poke ends of sticks into foam block.
- Let stand until set. Store at room temperature.

# Nutrition Facts

PROTEIN 7.65% FAT 30.83% CARBS 61.52%

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.8391304573287%

## Nutrients (% of daily need)

Calories: 198.97kcal (9.95%), Fat: 6.88g (10.58%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 30.27g (11.01%), Sugar: 15.45g (17.16%), Cholesterol: 14.66mg (4.89%), Sodium: 267.8mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.04mg (3.01%), Protein: 3.84g (7.68%), Selenium: 8.06µg (11.52%), Phosphorus: 81.65mg (8.16%), Vitamin B1: 0.12mg (8.04%), Manganese: 0.15mg (7.63%), Vitamin B2: 0.12mg (7.05%), Iron: 1.22mg (6.77%), Folate: 26.56µg (6.64%), Vitamin B3: 1.29mg (6.45%), Calcium: 47.65mg (4.77%), Copper: 0.08mg (3.94%), Magnesium: 11.58mg (2.9%), Fiber: 0.6g (2.4%), Potassium: 83.31mg (2.38%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.09µg (1.45%), Vitamin K: 1.5µg (1.43%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.12mg (1.19%)