



Chocolate Oat Cherry Cookie Pops

READY IN



70 min.

SERVINGS



24

CALORIES



203 kcal

Ingredients

- 17.5 oz chocolate chip cookie mix
- 0.5 cup butter softened
- 1 eggs
- 0.8 cup almonds chopped
- 0.8 cup cherries dried sour chopped
- 24 celery stalks (with round ends)
- 4 oz baker's chocolate chopped

Equipment

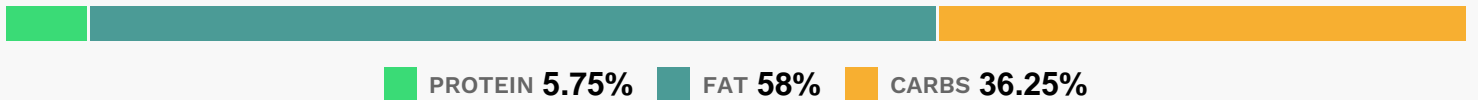
- bowl

- baking sheet
- oven
- wire rack
- ziploc bags
- microwave

Directions

- Heat oven to 375°F. In large bowl, stir cookie mix, butter and egg until soft dough forms. Stir in almonds and cherries until well blended.
- Shape dough into 2-inch balls. On ungreased cookie sheet, place balls 2 inches apart; flatten slightly. Insert craft stick halfway into each ball.
- Bake 13 to 14 minutes or until set. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely.
- In small microwavable bowl, microwave chocolate uncovered on High about 1 minute or until softened and chocolate can be stirred smooth. Spoon melted chocolate into small resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag; squeeze bag to pipe zigzag design over cookies.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:5.86, Glycemic Load:6.59, Inflammation Score:-4, Nutrition Score:4.670434811193%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg, Epicatechin: 6.73mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.66kcal (10.13%), Fat: 13.7g (21.08%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 19.27g (6.42%),
Net Carbohydrates: 16.93g (6.15%), Sugar: 8.96g (9.95%), Cholesterol: 18.64mg (6.21%), Sodium: 112.21mg (4.88%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.05g (6.11%), Manganese: 0.3mg
(15.18%), Copper: 0.2mg (10.08%), Fiber: 2.34g (9.37%), Magnesium: 35.09mg (8.77%), Vitamin E: 1.3mg (8.68%),
Iron: 1.34mg (7.44%), Vitamin B2: 0.11mg (6.18%), Vitamin B1: 0.09mg (5.74%), Phosphorus: 56.25mg (5.62%),
Vitamin A: 280.56IU (5.61%), Folate: 19.58µg (4.9%), Zinc: 0.73mg (4.87%), Potassium: 123.66mg (3.53%), Vitamin
B3: 0.66mg (3.28%), Calcium: 23.96mg (2.4%), Vitamin K: 1.97µg (1.87%), Selenium: 1.19µg (1.7%)