



Chocolate Oat Cherry Cookie Pops

READY IN



70 min.

SERVINGS



24

CALORIES



99 kcal

Ingredients

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

Equipment

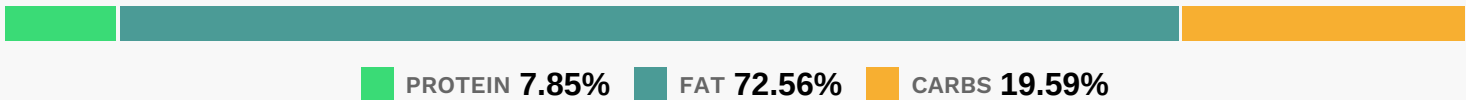
- ☐ bowl

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

Directions

- ☐ Heat oven to 375F. 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:0.07, Inflammation Score:-3, Nutrition Score:3.7830435238455%

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: 98.89kcal (4.94%), Fat: 8.73g (13.43%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.28g (2.53%), Cholesterol: 16.99mg (5.66%), Sodium: 38.15mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.13g (4.25%), Manganese: 0.3mg (15.18%), Copper: 0.2mg (10.08%), Vitamin E: 1.3mg (8.68%), Magnesium: 28.28mg (7.07%), Fiber: 1.76g (7.06%), Iron: 1.09mg (6.06%), Vitamin A: 280.56IU (5.61%), Phosphorus: 46.14mg (4.61%), Zinc: 0.63mg (4.18%), Vitamin B2: 0.07mg (4%), Potassium: 86.11mg (2.46%), Calcium: 23.96mg (2.4%), Vitamin K: 1.97µg (1.87%), Selenium: 1.19µg (1.7%), Folate: 5.76µg (1.44%), Vitamin B3: 0.24mg (1.21%), Vitamin B1: 0.02mg (1.2%)