



HEALTH SCORE

65%

Chocolate-Peppermint Pocky Sticks



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



7786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 680 g bittersweet chocolate chopped
- ☐ 0.3 teaspoon cardamom
- ☐ 1 large eggs beaten
- ☐ 350 g flour
- ☐ 0.3 teaspoon ginger
- ☐ 3 tablespoons granulated sugar (46 g)
- ☐ 9 ounces peppermint candies

- ☐ 0.3 teaspoon salt
- ☐ 160 g condensed milk sweetened
- ☐ 0.5 cup butter unsalted chilled (120 g)

Equipment

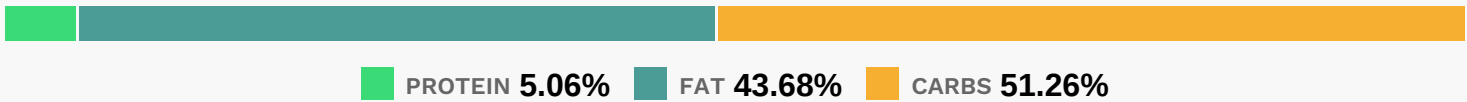
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ double boiler
- ☐ baking pan
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ In a small bowl, stir together condensed milk and 1/4 cup water.
- ☐ In a medium bowl, whisk together dry ingredients.
- ☐ Cut or rub in butter until mixture resembles coarse cornmeal.
- ☐ Stir in milk mixture just until combined. Flatten dough into 2 disks, wrap in plastic wrap, and chill at least 1 hour. "Shaping the dough into a disk helps it chill evenly and quickly. And chilling relaxes the dough so it won't spring back when you're rolling it out."
- ☐ Preheat oven to 30
- ☐ Break dough into marble-size balls (15 g each).
- ☐ Roll in your palms until smooth and dense. On a lightly floured surface, gently roll each ball out into a 1/4- by 10-in. rope (cover remaining balls to keep them moist). Lift onto a parchment-lined baking sheet.
- ☐ Brush with egg and bake 15 minutes or until golden. Cool completely on a rack.

- ☐ Meanwhile, put candy canes in a double layer of resealable plastic bags and crush with a rolling pin.
- ☐ Pour onto a plate.
- ☐ Melt chocolate in a double boiler or metal bowl set over (not in) a pot of simmering water until about half-melted; stir.
- ☐ Transfer to a 9- by 13-in. baking dish.
- ☐ Let cool until it thickly coats a spoon, 10 minutes.
- ☐ Set dish on counter with the long side facing you.
- ☐ Place a folded dishtowel under one end so chocolate pools at other end.
- ☐ Roll each stick in chocolate to cover 3/4 of cookie. Holding stick over a clean bowl, sprinkle with crushed candy and set out on a sheet of parchment or waxed paper to dry, about 30 minutes. "Don't refrigerate these; they'll get soggy."
- ☐ Make ahead Dough, up to 3 days chilled or 1 month frozen airtight; baked, up to 3 days airtight at room temperature.
- ☐ More pockys, please
- ☐ STAR OF DAVID Halve dough rope. Form 1 rope into a triangle; form another on top.
- ☐ Brush with egg and top with blue or silver sparkling sugar; bake.
- ☐ CANDY CANE To half the dough, add natural red coloring, such as India Tree.
- ☐ Lay 1 plain dough rope alongside 1 red rope.
- ☐ Roll ends of double rope in opposite directions to twist. Curve into a candy cane; brush with egg; bake.
- ☐ CHRISTMAS TREE Use slightly larger dough balls for longer ropes. Leaving 1/2 in. for trunk, coil rope into sideways figure eights.
- ☐ Brush with egg, sprinkle with green sparkling sugar, and bake.

Nutrition Facts



Properties

Glycemic Index:388.09, Glycemic Load:441.44, Inflammation Score:-10, Nutrition Score:75.533478322236%

Nutrients (% of daily need)

Calories: 7786.11kcal (389.31%), Fat: 374.83g (576.65%), Saturated Fat: 219.01g (1368.81%), Carbohydrates: 989.77g (329.92%), Net Carbohydrates: 925.76g (336.64%), Sugar: 546.2g (606.89%), Cholesterol: 525.22mg (175.07%), Sodium: 1367.57mg (59.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 584.8mg (194.93%), Protein: 97.75g (195.51%), Manganese: 11.57mg (578.48%), Copper: 9.07mg (453.75%), Iron: 60.95mg (338.64%), Magnesium: 1326.13mg (331.53%), Selenium: 216.16µg (308.81%), Phosphorus: 2765.74mg (276.57%), Fiber: 64.01g (256.03%), Vitamin B1: 3.14mg (209.06%), Vitamin B2: 3mg (176.64%), Folate: 685.06µg (171.26%), Zinc: 22.77mg (151.77%), Potassium: 4929.25mg (140.84%), Vitamin B3: 26.79mg (133.96%), Calcium: 1221.49mg (122.15%), Vitamin A: 3873.56IU (77.47%), Vitamin B5: 5.67mg (56.65%), Vitamin K: 59.07µg (56.25%), Vitamin E: 7.64mg (50.92%), Vitamin B12: 2.57µg (42.77%), Vitamin B6: 0.56mg (27.86%), Vitamin D: 3.02µg (20.15%), Vitamin C: 4.29mg (5.2%)