

Chocolate Teddy Bear Pops

 Dairy Free

READY IN



150 min.

SERVINGS



20

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 9 oz m&m candies
- ☐ 16 oz candy coating disks
- ☐ 20 celery stalks (with round ends)
- ☐ 60 corn flakes/bran flakes red
- ☐ 20 servings mint
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose

- ☐ 40 small gumdrops
- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla

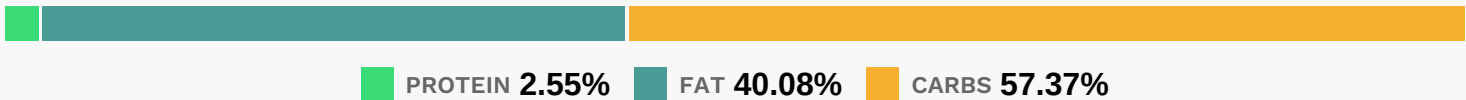
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ In large bowl, beat sugar, butter, vanilla and egg with spoon until smooth. Stir in flour and cocoa. Cover and refrigerate at least 1 hour.
- ☐ Heat oven to 375F. Shape dough into 20 (1-inch) balls and 20 (3/4-inch) balls. To make each cookie, on ungreased cookie sheet, arrange 1 large ball and 1 small ball with sides touching. Insert about 1 1/2 inches of wooden stick through center of 1-inch ball and into smaller ball. Press floured bottom of glass on dough until about 1/4 thick.
- ☐ Place pairs of dough balls about 2 inches apart on cookie sheet.
- ☐ Bake 10 to 12 minutes or until set. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- ☐ Place waxed paper on tray. Melt candy coating as directed on package. Spoon coating over cookies; place on waxed paper.
- ☐ Sprinkle with chocolate candy sprinkles.
- ☐ Add gumdrops for ears.
- ☐ Add chocolate candies for hands and feet.
- ☐ Add cinnamon candies for eyes and nose.

Nutrition Facts



Properties

Glycemic Index:16.37, Glycemic Load:20.18, Inflammation Score:-5, Nutrition Score:5.0339130409386%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 443.08kcal (22.15%), Fat: 19.7g (30.3%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 61.74g (22.45%), Sugar: 47.72g (53.02%), Cholesterol: 10.1mg (3.37%), Sodium: 148.21mg (6.44%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 2.82g (5.63%), Manganese: 0.24mg (11.98%), Folate: 45.82µg (11.45%), Vitamin A: 539.41IU (10.79%), Iron: 1.8mg (10.02%), Selenium: 6.77µg (9.67%), Vitamin B1: 0.14mg (9.41%), Vitamin B2: 0.13mg (7.39%), Fiber: 1.7g (6.8%), Vitamin B3: 1.28mg (6.4%), Phosphorus: 42.86mg (4.29%), Magnesium: 16.1mg (4.03%), Copper: 0.08mg (3.91%), Vitamin B6: 0.07mg (3.29%), Vitamin B12: 0.18µg (3.02%), Vitamin E: 0.42mg (2.78%), Calcium: 25.91mg (2.59%), Zinc: 0.35mg (2.3%), Potassium: 64.58mg (1.85%), Vitamin B5: 0.14mg (1.37%), Vitamin K: 1.28µg (1.22%)