



Chocolate Truffle Cookie Pops

READY IN



30 min.

SERVINGS



30

CALORIES



136 kcal

DESSERT

Ingredients

- 1 oz baker's chocolate white
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 12 oz baker's semi-sweet chocolate melted
- 3 cups vanilla wafers crushed finely

Equipment

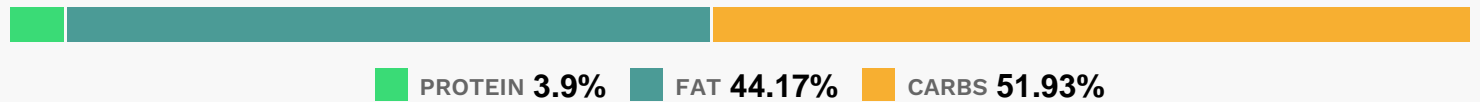
- bowl
- baking sheet

lollipop sticks

Directions

- Stir milk and pudding mix in medium bowl with large spoon just until pudding mix is moistened. Immediately add wafer crumbs; mix well.
- Shape into 42 (1-inch) balls; place on waxed-paper-covered rimmed baking sheet. Freeze 10 min. Dip balls in semi-sweet chocolate; return to baking sheet. Insert lollipop stick into center of each ball.
- Refrigerate 20 min. or until firm. Melt white chocolate as directed on package.
- Drizzle over pops; refrigerate 10 min. or until coating is firm.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:2.3278260818156%

Nutrients (% of daily need)

Calories: 136.19kcal (6.81%), Fat: 6.7g (10.31%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 16.66g (6.06%), Sugar: 10.94g (12.16%), Cholesterol: 1.48mg (0.49%), Sodium: 68.15mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 1.33g (2.66%), Manganese: 0.15mg (7.54%), Copper: 0.14mg (7.14%), Magnesium: 20.56mg (5.14%), Fiber: 1.08g (4.33%), Iron: 0.72mg (4.01%), Phosphorus: 39.94mg (3.99%), Vitamin B1: 0.05mg (3.51%), Folate: 9.75µg (2.44%), Potassium: 82.98mg (2.37%), Vitamin B2: 0.04mg (2.33%), Zinc: 0.32mg (2.17%), Vitamin B3: 0.39mg (1.96%), Selenium: 1.1µg (1.57%), Calcium: 14.07mg (1.41%)