



## Citrus Poppy Seed Cake Pops

READY IN



170 min.

SERVINGS



64

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 box lemon cake mix
- 16 oz vanilla frosting (from 1-lb container)
- 3 tablespoons poppy seeds
- 2 teaspoons orange zest grated
- 12 oz candy melts yellow
- 2 tablespoons shortening
- 12 oz candy melts
- 64 you will also need: parchment paper
- 1 serving weight cream cheese

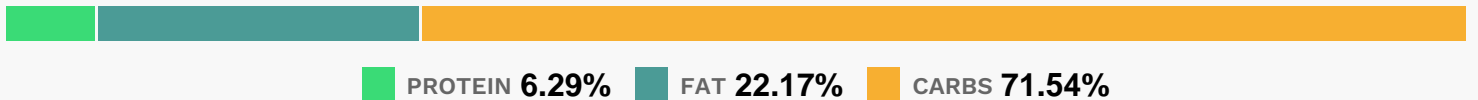
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave
- lollipop sticks

## Directions

- Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs. Cool. Line cookie sheet with waxed paper. Crumble cake into large bowl.
- Add frosting, 2 tablespoons of the poppy seed and the orange peel; mix well. Shape into 1-inch balls; place on cookie sheet. Freeze until firm; keep refrigerated.
- In microwavable bowl, microwave yellow candy melts and 1 tablespoon of the shortening uncovered on Medium (50%) 1 minute, then in 15-second intervals, until melted; stir until smooth. Repeat with orange candy melts and remaining 1 tablespoon shortening. Dip tip of 1 lollipop stick about 1/2 inch into melted candy and insert stick into 1 cake ball no more than halfway. Repeat. Return to cookie sheet. Refrigerate 5 minutes.
- Remove from refrigerator a few at a time. Dip half of cake balls into yellow candy and half into orange candy; tap off excess. Poke opposite end of stick into foam block.
- Sprinkle tops with remaining 1 tablespoon poppy seed.
- Let stand until set.

## Nutrition Facts



## Properties

Glycemic Index:0.75, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:2.9300000147651%

## Nutrients (% of daily need)

Calories: 143.86kcal (7.19%), Fat: 3.51g (5.4%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 24.95g (9.07%), Sugar: 10.85g (12.06%), Cholesterol: 1.71mg (0.57%), Sodium: 185.55mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Manganese: 0.16mg (8.25%), Vitamin B1: 0.12mg (8.12%), Selenium: 5.67µg (8.09%), Vitamin B2: 0.11mg (6.61%), Vitamin B3: 1.24mg (6.19%), Folate: 22.77µg (5.69%), Iron: 0.86mg (4.78%), Phosphorus: 45.47mg (4.55%), Calcium: 32.41mg (3.24%), Fiber: 0.53g (2.11%), Copper: 0.04mg (2.03%), Magnesium: 6.16mg (1.54%), Vitamin E: 0.21mg (1.43%), Zinc: 0.2mg (1.3%), Vitamin K: 1.37µg (1.3%)