



Colorful Cakes on a Stick



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



46

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 46 wooden craft sticks
- ☐ 46 servings decorations: candy sprinkles
- ☐ 46 servings vanilla glaze

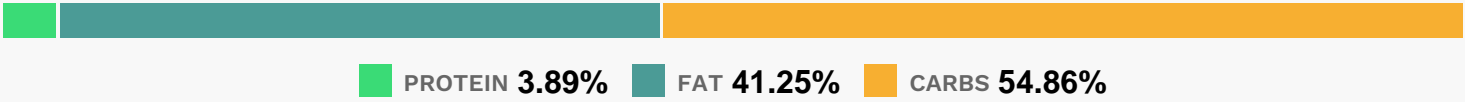
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐
- Spoon 2 tablespoons Pound Cake Batter into each of 46 well-greased cake-on-a-stick pan molds. Level batter with a small spatula.
- ☐
- Bake at 350 for 8 to 10 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 5 minutes.
- ☐
- Remove cakes to wire racks, and let cool completely. Freeze cakes 1 hour.
- ☐
- Insert 1 wooden craft stick in center of flat side of each cake. Dip each cake in Vanilla Glaze, and place on wire racks. Decorate as desired, and freeze 10 minutes or until Vanilla Glaze is firm.
- ☐
- Remove from freezer.
- ☐
- Serve at room temperature. (Any remaining cakes may be stored at room temperature.)

Nutrition Facts



Properties

Glycemic Index:0.7, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.40782608610132%

Flavonoids

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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.74kcal (3.94%), Fat: 3.51g (5.4%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.04g (3.65%), Sugar: 9.56g (10.62%), Cholesterol: 2.25mg (0.75%), Sodium: 13.49mg (0.59%), Alcohol: 0.34g (100%), Alcohol %: 2.18% (100%), Protein: 0.75g (1.49%), Calcium: 19.11mg (1.91%), Fiber: 0.47g (1.88%), Vitamin K: 1.17µg (1.12%), Iron: 0.19mg (1.08%), Vitamin A: 51.56IU (1.03%)