



Dessert Kabobs

READY IN



165 min.

SERVINGS



12

CALORIES



603 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 box chocolate cake mix
- ☐ 16 oz chocolate frosting
- ☐ 23 oz milk chocolate chips
- ☐ 12 medium strawberries hulled
- ☐ 12 large marshmallows toasted
- ☐ 2 strawberries (from 13-oz box)
- ☐ 12 bamboo skewers

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ microwave
- ☐ skewers

Directions

- ☐ Heat oven to 350°F. Grease bottom only of 13x9-inch pan with shortening or cooking spray. Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs. Cool 10 minutes. Run knife around sides of pan to loosen cake; remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ Line cookie sheet with waxed paper. Crumble cake into large bowl.
- ☐ Add frosting; mix well with spoon. Shape mixture into 1-inch balls.
- ☐ Place on cookie sheet. Freeze at least 15 minutes or until firm.
- ☐ Meanwhile, in medium microwavable bowl, microwave chocolate chips uncovered on High 1 to 2 minutes, stirring every 30 seconds, until softened and chips can be stirred smooth. Dip half to three-quarters of each strawberry in melted chocolate; place on waxed paper. Repeat with marshmallows.
- ☐ Place 1 cake ball on fork; dip cake ball in melted chocolate to cover. Gently tap off excess. Return to cookie sheet. Repeat with remaining cake balls.
- ☐ Let dipped strawberries, marshmallows and cake balls stand until set.
- ☐ Cut each shortcake roll into 6 pieces. On each skewer, carefully thread 1 cake ball, 1 strawberry, 1 marshmallow and 1 shortcake roll piece.
- ☐ Serve or store in cool place until serving time. For longer storage and for a crunchy outer chocolate shell, refrigerate kabobs.

Nutrition Facts



 **PROTEIN 1.76%**  **FAT 39.83%**  **CARBS 58.41%**

Properties

Glycemic Index:14.38, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:5.6865217248383%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg, Pelargonidin: 3.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 602.76kcal (30.14%), Fat: 27.85g (42.85%), Saturated Fat: 12.98g (81.1%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 90.4g (32.87%), Sugar: 71.38g (79.31%), Cholesterol: 0mg (0%), Sodium: 371.98mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 2.78g (5.55%), Phosphorus: 131.23mg (13.12%), Iron: 2.23mg (12.41%), Copper: 0.23mg (11.71%), Manganese: 0.23mg (11.36%), Potassium: 370.7mg (10.59%), Vitamin C: 8.24mg (9.99%), Calcium: 98.37mg (9.84%), Selenium: 4.95µg (7.07%), Vitamin E: 1.04mg (6.91%), Magnesium: 26.86mg (6.71%), Folate: 26.16µg (6.54%), Fiber: 1.51g (6.02%), Vitamin B1: 0.07mg (4.65%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.68mg (3.41%), Zinc: 0.43mg (2.84%), Vitamin K: 1.68µg (1.6%), Vitamin B6: 0.02mg (1.2%)