



## Double Chocolate Swirl Pops

 Gluten Free

READY IN



455 min.

SERVINGS



9

CALORIES



216 kcal

DESSERT

### Ingredients

- 4 oz chocolate white finely chopped
- 6 oz vanilla yogurt french yoplait®
- 1 cup semi chocolate chips
- 6 oz vanilla yogurt french yoplait®
- 1 cup frangelico
- 1 cup frangelico

### Equipment

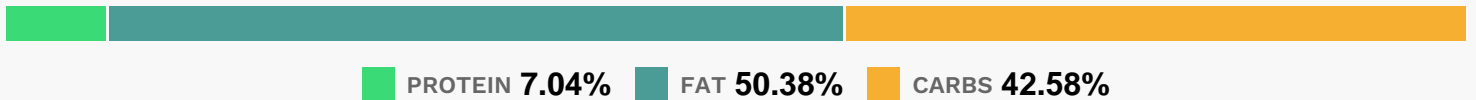
- bowl

- sauce pan
- knife
- whisk
- sieve
- aluminum foil

## Directions

- In 2-quart saucepan, heat white chocolate and 1 cup half-and-half over medium-low heat, stirring with whisk, until melted and smooth.
- Pour mixture into medium bowl. Beat in 1 container yogurt with whisk. Cover and refrigerate.
- In same saucepan, heat semisweet chocolate chips and 1 cup half-and-half over medium-low heat, stirring with whisk, until melted and smooth. If necessary, pour mixture through a fine mesh strainer into another medium bowl. Beat in 1 container yogurt with whisk. Cover and refrigerate both yogurt mixtures 1 hour.
- Alternately spoon both yogurt mixtures, 1 tablespoon at a time, into 9 (5-oz) paper cups. Use a knife or craft stick to gently swirl mixtures together. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer's directions.) Freeze about 6 hours or until frozen.

## Nutrition Facts



## Properties

Glycemic Index:7.78, Glycemic Load:5.2, Inflammation Score:-2, Nutrition Score:5.2034783026446%

## Nutrients (% of daily need)

Calories: 215.84kcal (10.79%), Fat: 12.18g (18.74%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 21.53g (7.83%), Sugar: 19.99g (22.21%), Cholesterol: 5.74mg (1.91%), Sodium: 38.29mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.2mg (5.73%), Protein: 3.83g (7.65%), Manganese: 0.27mg (13.38%), Copper: 0.26mg (13.1%), Phosphorus: 125.2mg (12.52%), Magnesium: 42.76mg (10.69%), Calcium: 102.11mg (10.21%), Iron: 1.32mg (7.34%), Vitamin B2: 0.12mg (7.14%), Potassium: 232.22mg (6.63%), Fiber: 1.63g (6.5%), Zinc: 0.94mg (6.25%), Selenium: 4.1µg (5.86%), Vitamin B12: 0.31µg (5.11%), Vitamin B5: 0.35mg (3.45%), Vitamin K: 2.62µg (2.5%), Vitamin B1: 0.03mg (2.01%), Vitamin E: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.54%), Vitamin B3: 0.3mg (1.51%), Folate: 5.04µg (1.26%)