



Dulce de Leche Cheesecake Pops

 Vegetarian

READY IN



385 min.

SERVINGS



8

CALORIES



268 kcal

DESSERT

Ingredients

- 8 oz cream cheese softened
- 0.5 cup sugar
- 0.5 cup cream sour
- 0.7 cup condensed milk sweetened (caramelized condensed milk)
- 2 tablespoons milk
- 0.5 cup buttered toast crushed
- 1 cup frangelico

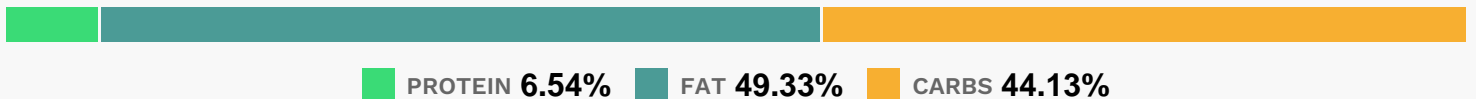
Equipment

- bowl
- hand mixer
- aluminum foil
- ziploc bags

Directions

- In medium bowl, beat cream cheese and sugar with electric mixer on medium speed until smooth. Beat in sour cream and half-and-half. Spoon 1/4 cup mixture into each of 8 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. Freeze about 2 hours or until frozen. Cover and refrigerate remaining cream cheese mixture.
- In small bowl, mix dulce de leche and milk.
- Place 1/3 cup dulce de leche mixture in small resealable food-storage plastic bag; cover and refrigerate remaining mixture.
- Cut off one small corner of bag; squeeze small amounts over frozen cream cheese layer in each cup.
- Pour remaining cream cheese mixture over dulce de leche layer in cups. Return foil to pops to support sticks. Freeze about 4 hours or until frozen.
- About 30 minutes before serving, remove reserved dulce de leche mixture from refrigerator; let stand at room temperature to soften.
- Remove pops from freezer and paper cups. Dip top of each pop in reserved dulce de leche mixture; dip in cereal.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:17.68, Inflammation Score:-4, Nutrition Score:4.0404347893984%

Nutrients (% of daily need)

Calories: 268.16kcal (13.41%), Fat: 15.03g (23.13%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 30.19g (10.98%), Sugar: 28.22g (31.35%), Cholesterol: 46.26mg (15.42%), Sodium: 144.06mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin B2: 0.21mg (12.5%), Calcium: 122.52mg (12.25%), Phosphorus: 112.46mg (11.25%), Selenium: 7.76µg (11.09%), Vitamin A: 544.45IU (10.89%),

Potassium: 159.55mg (4.56%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.23µg (3.76%), Zinc: 0.46mg (3.1%),
Vitamin B1: 0.05mg (3.07%), Magnesium: 11.8mg (2.95%), Vitamin E: 0.35mg (2.32%), Folate: 9.14µg (2.29%),
Vitamin B6: 0.04mg (1.94%), Iron: 0.19mg (1.05%), Vitamin B3: 0.21mg (1.04%), Vitamin K: 1.07µg (1.02%)