



Dulce de Leche Cheesecake Pops

 Vegetarian

READY IN



385 min.

SERVINGS



8

CALORIES



308 kcal

DESSERT

Ingredients

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

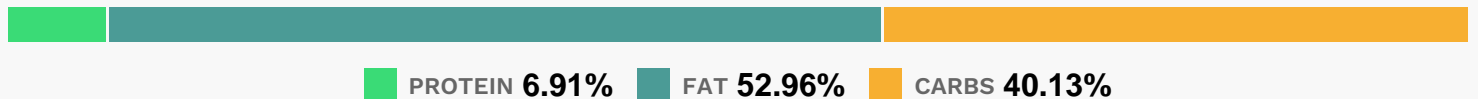
Equipment

- 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:4.9434782227744%

Nutrients (% of daily need)

Calories: 307.78kcal (15.39%), Fat: 18.51g (28.48%), Saturated Fat: 10.79g (67.44%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 31.49g (11.45%), Sugar: 29.47g (32.74%), Cholesterol: 56.85mg (18.95%), Sodium: 162.51mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Vitamin B2: 0.27mg (15.95%), Calcium: 154.89mg (15.49%), Phosphorus: 141.2mg (14.12%), Vitamin A: 651.54IU (13.03%), Selenium: 8.73µg (12.47%),

Potassium: 199.48mg (5.7%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.28µg (4.72%), Zinc: 0.58mg (3.88%),
Magnesium: 14.83mg (3.71%), Vitamin B1: 0.06mg (3.68%), Vitamin E: 0.42mg (2.82%), Vitamin B6: 0.05mg (2.7%),
Folate: 10.05µg (2.51%), Vitamin K: 1.46µg (1.39%), Vitamin C: 1.06mg (1.29%), Vitamin B3: 0.24mg (1.2%), Iron: 0.2mg
(1.14%)