



Easy Spooky Woods Marshmallow Pops

 Gluten Free

READY IN



6 min.

SERVINGS



16

CALORIES



86 kcal

DESSERT

Ingredients

- 16 lollipop sticks cut in half
- 16 marshmallows jet-puffed
- 7 oz baker's milk chocolate dipping chocolate
- 1 wooden toothpick for decorating
- 1 wooden toothpick for decorating

Equipment

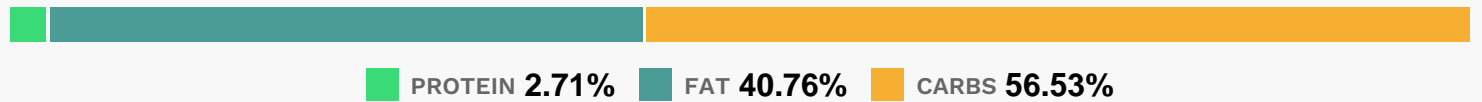
- toothpicks
- microwave

lollipop sticks

Directions

- MICROWAVE BAKERS Dipping Chocolate container according to directions on package, or until well-combined and very smooth.
- PUSH lollipop sticks or straws into marshmallows.
- HOLDING one marshmallow by the stick, and using a spoon, drizzle melted chocolate over the marshmallow while rotating it. Working quickly, drizzle remaining marshmallows with chocolate. Pattern should resemble bare, twisted branches. No need to be precise, it will look great!
- FOR the ghosts, thin a little black frosting (or use gel frosting if you have it) with water and use a toothpick to paint eyes and a mouth. You could even use a little of the dipping chocolate if you don't have or want to buy black frosting.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:6.36, Inflammation Score:-1, Nutrition Score:1.2226086978031%

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: 85.7kcal (4.29%), Fat: 4.26g (6.56%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.55g (4.56%), Sugar: 10.47g (11.63%), Cholesterol: 0mg (0%), Sodium: 10.78mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.19mg (2.73%), Protein: 0.64g (1.27%), Copper: 0.08mg (3.97%), Magnesium: 14.6mg (3.65%), Manganese: 0.07mg (3.3%), Fiber: 0.75g (3.01%), Iron: 0.37mg (2.04%), Phosphorus: 19.75mg (1.98%), Vitamin B2: 0.03mg (1.89%), Vitamin K: 1.95µg (1.86%), Potassium: 46.72mg (1.33%), Zinc: 0.19mg (1.29%)