

## Frozen Fudge Pops



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup plus light
- ☐ 3 cups milk 1% 2% low-fat ( or milk fat)
- ☐ 1 cup sugar
- ☐ 0.8 cup cocoa powder unsweetened (preferably Dutch-process)
- ☐ 1 teaspoon vanilla extract pure

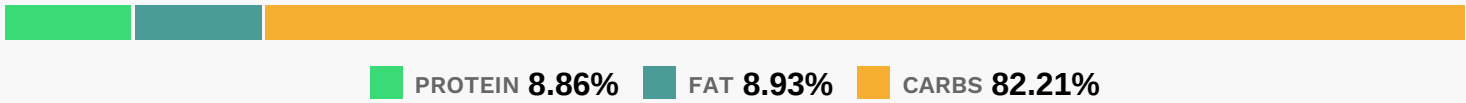
### Equipment

- ☐ sauce pan

# Directions

- ☐ Heat milk, sugar, cocoa powder, corn syrup, and 1/4 teaspoon salt in a 2-quart heavy saucepan, stirring, until sugar has dissolved.
- ☐ Remove from heat and stir in vanilla. Cool to room temperature or quick-chill in an ice bath.
- ☐ Pour into molds and freeze 30 minutes. Insert sticks (if using), then freeze until firm, about 24 hours.
- ☐ Run hot water over molds (or dip in hot water) to loosen pops before unmolding.

## Nutrition Facts



## Properties

Glycemic Index:11.14, Glycemic Load:19.01, Inflammation Score:-4, Nutrition Score:6.504347871827%

## Flavonoids

Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg, Epicatechin: 15.84mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 184.28kcal (9.21%), Fat: 2.05g (3.15%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 39.43g (14.34%), Sugar: 37.73g (41.92%), Cholesterol: 4.43mg (1.48%), Sodium: 43.11mg (1.87%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 18.54mg (6.18%), Protein: 4.57g (9.14%), Manganese: 0.31mg (15.71%), Copper: 0.31mg (15.43%), Phosphorus: 150.36mg (15.04%), Magnesium: 51.02mg (12.75%), Calcium: 123.52mg (12.35%), Fiber: 2.98g (11.93%), Vitamin B12: 0.54µg (9%), Vitamin B2: 0.15mg (8.74%), Potassium: 264.61mg (7.56%), Zinc: 0.98mg (6.53%), Vitamin D: 0.97µg (6.49%), Iron: 1.13mg (6.3%), Selenium: 3.24µg (4.62%), Vitamin B1: 0.06mg (4.21%), Vitamin A: 173.46IU (3.47%), Vitamin B5: 0.34mg (3.4%), Vitamin B6: 0.06mg (3.14%), Vitamin B3: 0.28mg (1.39%), Folate: 4.35µg (1.09%)