

Frozen S'More Pops

READY IN



315 min.

SERVINGS



10

CALORIES



196 kcal

DESSERT

Ingredients

- 10 celery stalks (with round ends)
- 0.3 cup corn flakes/bran flakes (crushed)
- 1 box chocolate pudding (instant (4-serving size))
- 1 cup marshmallow creme
- 2 cups milk
- 10 small peanut butter cups

Equipment

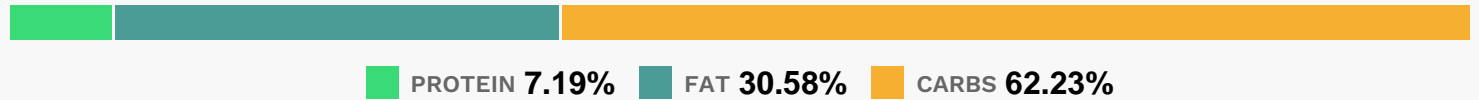
- bowl

aluminum foil

Directions

- Make pudding mix as directed on box using milk. In small bowl, mix marshmallow creme and crushed cereal.
- Into each paper cup, layer 2 tablespoons pudding, 1 tablespoon marshmallow-cereal mixture and 1 more tablespoon pudding.
- Place small piece of foil over top of each cup. Make small slit in center of each piece of foil; insert stick.
- Place cups on tray. Freeze at least 5 hours.
- Tear off paper cups and serve.

Nutrition Facts



Properties

Glycemic Index:14.23, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:3.9704347570305%

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: 196.07kcal (9.8%), Fat: 6.96g (10.7%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 30.65g (11.15%), Sugar: 24.94g (27.71%), Cholesterol: 6.88mg (2.29%), Sodium: 225.02mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Phosphorus: 89.02mg (8.9%), Calcium: 76.48mg (7.65%), Vitamin B2: 0.11mg (6.33%), Vitamin B12: 0.36µg (5.96%), Magnesium: 23.45mg (5.86%), Vitamin B3: 1.02mg (5.08%), Potassium: 169.9mg (4.85%), Fiber: 1.2g (4.82%), Vitamin B1: 0.07mg (4.62%), Folate: 16.9µg (4.22%), Copper: 0.08mg (4.08%), Manganese: 0.08mg (3.85%), Vitamin D: 0.57µg (3.8%), Zinc: 0.53mg (3.55%), Iron: 0.62mg (3.43%), Vitamin B6: 0.07mg (3.39%), Vitamin B5: 0.31mg (3.08%), Selenium: 1.95µg (2.78%), Vitamin A: 131.54IU (2.63%), Vitamin K: 1.82µg (1.73%)