



Fudgy Pops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 3.5 ounces bittersweet chocolate chopped
- ☐ 1 packet gelatin powder unflavored
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water cold
- ☐ 1 cup milk whole

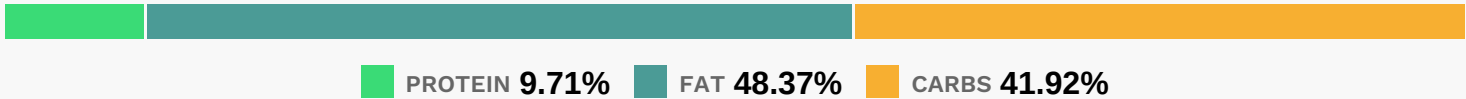
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Place chocolate into a medium glass mixing bowl; set aside.
- ☐ Sprinkle gelatin over 2 tablespoons cold water in a small dish; set aside.
- ☐ Combine milk, sugar, and cocoa powder in a small saucepan over medium heat.
- ☐ Whisk constantly until cocoa is dissolved and mixture comes to a simmer.
- ☐ Remove from heat, and pour over the chocolate.
- ☐ Let stand for 2 minutes, then whisk gently until all chocolate is melted.
- ☐ Whisk in vanilla extract, almond extract, and the gelatin mixture. Portion the mixture evenly among 4 (4-ounce) molds (1/2 cup liquid per mold), and place in the freezer. Freeze for at least 4 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:5.27, Inflammation Score:-3, Nutrition Score:6.4469565457624%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 215.64kcal (10.78%), Fat: 11.65g (17.92%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 20.26g (7.37%), Sugar: 18.21g (20.23%), Cholesterol: 8.81mg (2.94%), Sodium: 29.9mg (1.3%), Alcohol: 0.43g (100%), Alcohol %: 0.53% (100%), Caffeine: 24.21mg (8.07%), Protein: 5.26g (10.53%), Copper: 0.4mg (19.89%), Manganese: 0.38mg (19.2%), Magnesium: 57.83mg (14.46%), Phosphorus: 136.04mg (13.6%), Iron:

1.77mg (9.81%), Fiber: 2.45g (9.79%), Calcium: 93.39mg (9.34%), Potassium: 253.4mg (7.24%), Zinc: 1mg (6.65%),
Vitamin B12: 0.37µg (6.23%), Vitamin B2: 0.11mg (6.22%), Selenium: 4.15µg (5.93%), Vitamin D: 0.67µg (4.47%),
Vitamin B5: 0.31mg (3.08%), Vitamin B1: 0.04mg (2.91%), Vitamin B6: 0.05mg (2.38%), Vitamin A: 111.22IU (2.22%),
Vitamin K: 2µg (1.91%), Vitamin B3: 0.31mg (1.53%), Vitamin E: 0.18mg (1.19%)