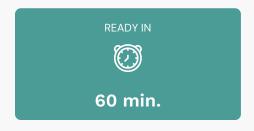


# Halloween Push-It-Up Brownie Pops

airy Free







DESSERT

### **Ingredients**

1 pouch brownie mix

24 round cake

8 servings orange food coloring

1 container vanilla frosting

8 servings vegetable oil for on brownie mix pouch

## **Equipment**

oven

ziploc bags

Directions	
	Heat oven to 350F. Generously grease 24 mini muffin cups with shortening or cooking spray; lightly flour cups.
	Make brownie batter as directed on pouch, using oil, water and egg. Spoon batter evenly into muffin cups, filling each just over half full.
	Bake 12 to 14 minutes or just until brownies are set and spring back when touched lightly in center. Cool completely before gently removing from muffin cups.
	Meanwhile, mix food color into frosting until desired orange color.
	Place frosting in large resealable plastic bag; seal bag.
	Cut off 1 bottom corner of bag. Set aside.
	Press 1 cooled brownie into bottom of each push-up pop container. Pipe small amount of frosting on top of each brownie.
	Add second brownie to each container; pipe frosting onto brownies. Top each with 1 upsidedown brownie.
	Place caps on pop containers. Refrigerate until ready to serve.
Nutrition Facts	
	PROTEIN 6.42% FAT 14.93% CARBS 78.65%

#### **Properties**

muffin liners

Glycemic Index:5.38, Glycemic Load:16.86, Inflammation Score:-8, Nutrition Score:51.15695638242%

#### Nutrients (% of daily need)

Calories: 3135.02kcal (156.75%), Fat: 52.04g (80.06%), Saturated Fat: 12.01g (75.09%), Carbohydrates: 616.6g (205.53%), Net Carbohydrates: 612.1g (222.58%), Sugar: 384.72g (427.47%), Cholesterol: 918mg (306%), Sodium: 5819.11mg (253%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 50.34g (100.68%), Vitamin B2: 2.6mg (152.67%), Vitamin B1: 2.19mg (146.18%), Iron: 25.59mg (142.19%), Phosphorus: 1243.4mg (124.34%), Selenium: 81.96µg (117.08%), Folate: 427.62µg (106.9%), Manganese: 1.89mg (94.5%), Vitamin B3: 17.5mg (87.49%), Calcium: 631.73mg (63.17%), Vitamin B5: 4.33mg (43.34%), Vitamin B12: 2.16µg (36%), Vitamin K: 35.05µg (33.38%), Zinc: 4.63mg (30.87%), Vitamin E: 4.19mg (27.93%), Copper: 0.56mg (27.9%), Vitamin A: 1386IU (27.72%), Potassium: 910.64mg (26.02%), Magnesium: 99.58mg (24.89%), Vitamin B6: 0.47mg (23.4%), Fiber: 4.5g (18%), Vitamin D: