



Halloween Push-It-Up Pops

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



3135 kcal

DESSERT

Ingredients

- ☐ 1 pouch brownie mix betty crocker®
- ☐ 24 round cake
- ☐ 1 container vanilla frosting betty crocker®
- ☐ 8 servings vegetable oil for on brownie mix pouch

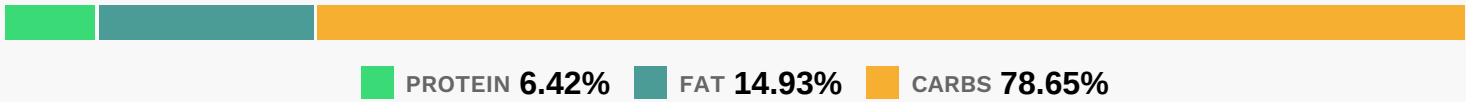
Equipment

- ☐ oven
- ☐ ziploc bags
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. 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 upside-down brownie.
- ☐ Place caps on pop containers. Refrigerate until ready to serve.

Nutrition Facts



Properties

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: 0g (100%), Alcohol %: 0% (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: 1.8µg (12%)