



Ice Cream and Cake Pops

 Dairy Free

READY IN



66 min.

SERVINGS



32

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large eggs
- ☐ 1 box chocolate cake mix
- ☐ 1 cup sprinkles
- ☐ 32 servings whipped cream
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup water

Equipment

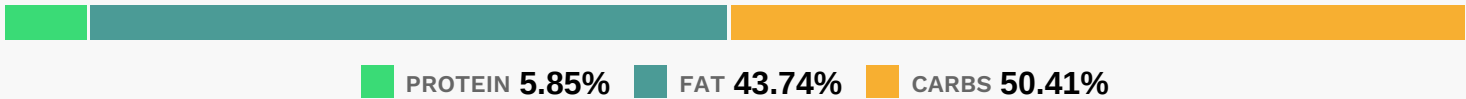
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ popsicle molds
- ☐ spatula
- ☐ popsicle sticks

Directions

- ☐ Special equipment: oven-safe popsicle forms or baking tins (recommended: Cake Lolli), popsicle sticks
- ☐ Preheat oven to 350 degrees F.
- ☐ Spray the pop forms with non-stick spray. In the bowl of a mixer, beat together cake mix, water, eggs, and oil for 30 seconds on low speed. Turn speed to high and beat for an additional 2 minutes.
- ☐ Place 2 heaping tablespoons of cake batter into each form.
- ☐ Bake for approximately 12 minutes, or until cake is fully cooked.
- ☐ Remove from oven and invert immediately onto a cooling rack. Repeat with remaining cake batter. Cool cakes completely, and then push popsicle sticks about halfway into each cake. Stir ice cream until it is the consistency of frosting. Using a wide, flat knife or spatula and working quickly, frost cakes. Dip cake pops in sprinkles, nuts, or desired toppings and then place on a waxed paper lined baking sheet. As the cakes are frosted and decorated, place in the freezer to avoid melting.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:4.2978261022464%

Nutrients (% of daily need)

Calories: 235.07kcal (11.75%), Fat: 11.63g (17.89%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 29.37g (10.68%), Sugar: 23.72g (26.36%), Cholesterol: 40.67mg (13.56%), Sodium: 168.89mg (7.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin B2: 0.19mg (11.43%), Phosphorus: 111.94mg (11.19%), Calcium: 106.65mg (10.66%), Vitamin A: 295.14IU (5.9%), Selenium: 3.82µg (5.46%), Potassium: 180.2mg (5.15%), Vitamin B12: 0.29µg (4.75%), Vitamin B5: 0.45mg (4.5%), Zinc: 0.6mg (4.03%), Iron: 0.72mg (4.01%), Magnesium: 16.02mg (4%), Vitamin K: 3.85µg (3.67%), Copper: 0.07mg (3.62%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.42%), Folate: 13.14µg (3.28%), Fiber: 0.79g (3.14%), Vitamin B6: 0.04mg (2.11%), Manganese: 0.04mg (1.81%), Vitamin B3: 0.29mg (1.47%), Vitamin D: 0.19µg (1.3%)