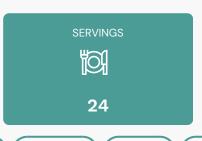


# **Ice Cream Cone Cake Pops**

airy Free







ANTIPASTI

STARTER

SNACK

**APPETIZER** 

### Ingredients

	1 box cake mix yellow your favorite (or flavor)
	24 ice cream cake cones
	12 oz vanilla frosting

1 serving sprinkles assorted

## **Equipment**

baking sheet
oven

toothpicks

Ш	munin liners
Diı	rections
	Heat oven to 350°F.
	Place paper baking cup in each of 24 regular-size muffin cups.
	Make cake mix as directed on box, using water, oil and eggs. Divide batter evenly among muffin cups, filling each two-thirds full. Invert ice cream cones and place on top of batter, pressing down gently.
	Bake 18 to 22 minutes or until toothpick inserted in center comes out clean. Carefully remove from pans to cooling racks (keep cupcakes on bottom and cones inverted); cool completely.
	Remove paper liners from cupcakes.
	Place cupcakes on cookie sheet; freeze until chilled.
	Generously frost cupcakes with vanilla frosting (when turned right side up, cupcakes may become top heavy, so frost carefully). Decorate with sprinkles.
	Nutrition Facts
	PROTEIN 2 969/ FAT 49 249/ PARE 79 929/
	PROTEIN 2.86% FAT 18.31% CARBS 78.83%

### **Properties**

Glycemic Index:1.79, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:2.2534782731015%

#### Nutrients (% of daily need)

Calories: 156.97kcal (7.85%), Fat: 3.19g (4.91%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 30.55g (11.11%), Sugar: 18.89g (20.99%), Cholesterol: Omg (0%), Sodium: 193.14mg (8.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Phosphorus: 73.21mg (7.32%), Vitamin B2: 0.11mg (6.28%), Folate: 22.7µg (5.68%), Calcium: 46.88mg (4.69%), Vitamin B1: 0.06mg (4.08%), Vitamin B3: 0.71mg (3.54%), Iron: 0.61mg (3.42%), Manganese: 0.06mg (3.2%), Vitamin E: 0.45mg (2.98%), Vitamin K: 2.54µg (2.42%), Fiber: 0.38g (1.51%), Selenium: 0.85µg (1.22%), Copper: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.05%)