



Idahoan Potato Chocolate Cake Pops

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 teaspoons double-acting baking powder
- 1 cup butter softened
- 3 tablespoons cocoa
- 4 eggs slightly beaten
- 2 cups flour all-purpose
- 3.5 ounce chocolate pudding mix instant
- 1 cup original potato flakes idahoan®
- 0.5 teaspoon salt

- 2 cups sugar
- 0.8 cup water

Equipment

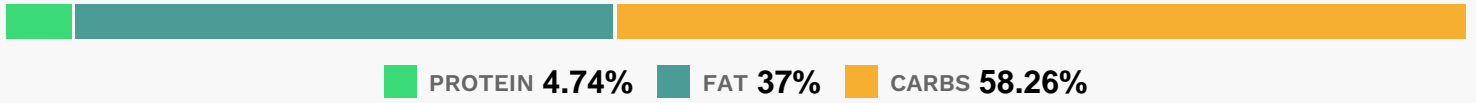
- bowl
- frying pan
- oven
- stand mixer
- microwave
- butter knife
- lollipop sticks

Directions

- Preheat oven to 350 degrees.
- Using a stand mixer, blend all dry ingredients together.
- Add the butter, water and eggs to the dry mixture and blend.
- To make Cake Pops: You will need a cake pop pan (can be found at Bed Bath and Beyond or Amazon.com), and 6-inch sucker sticks and a foam block (like a floral block) to allow pops to cool and set while decorating.
- Spray pan release on the cake pop pan.
- Add cake batter to the fill line of each hole.
- Secure the top of the cake pop pan.
- Bake for 15 minutes.
- Remove from oven and let cool 10-15 minutes.
- Remove the top of the cake pop pan and gently run a butter knife around each cake pop to help release. Set cake pops aside.
- To make candy coating: Melt a 12 ounce bag of semisweet chocolate chips, and or white chocolate chips in a microwave, stirring often.
- Add a tablespoon of vegetable oil if coating is too thick after microwaving.

- Prepare bowls with toppings. Dip the end of each stick in chocolate coating and press into one end of a cake pop.
- When all the cake pops have sticks, place them in a freezer for 10–15 minutes to set the chocolate (this will help hold the sticks in place while dipping into additional coating).
- When pops have chilled, dip each pop in chocolate coating, taking care to seal the chocolate around the base of the stick.
- Decorate with desired sprinkles and chocolate drizzles.
- Set each pop into the floral block to let set.

Nutrition Facts



Properties

Glycemic Index:11.48, Glycemic Load:16.86, Inflammation Score:-2, Nutrition Score:3.5000000259151%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 198.38kcal (9.92%), Fat: 8.35g (12.85%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 28.79g (10.47%), Sugar: 18.81g (20.9%), Cholesterol: 45.71mg (15.24%), Sodium: 242.78mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Selenium: 6.25µg (8.92%), Vitamin B1: 0.11mg (7.09%), Folate: 23.3µg (5.82%), Manganese: 0.11mg (5.62%), Vitamin B2: 0.09mg (5.53%), Vitamin A: 265.19IU (5.3%), Phosphorus: 51.95mg (5.19%), Calcium: 47.52mg (4.75%), Iron: 0.83mg (4.62%), Vitamin B3: 0.77mg (3.86%), Fiber: 0.79g (3.18%), Copper: 0.06mg (3.12%), Magnesium: 9.84mg (2.46%), Vitamin C: 1.94mg (2.36%), Vitamin B5: 0.21mg (2.14%), Vitamin E: 0.29mg (1.96%), Potassium: 67.89mg (1.94%), Vitamin B6: 0.04mg (1.79%), Zinc: 0.25mg (1.69%), Vitamin B12: 0.08µg (1.3%)