

Kelly Fudge Pop

 Gluten Free

READY IN



2700 min.

SERVINGS



8

CALORIES



339 kcal

DESSERT

Ingredients

- ☐ 227 g bittersweet chocolate 62% 70% coarsely chopped (to cacao)
- ☐ 4 teaspoons cocoa powder unsweetened (not Dutch-processed)
- ☐ 1.3 cups cup heavy whipping cream (10.4 oz / 290 g)
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup sugar (1.8 oz / 50 g)
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup milk whole (8.6 oz / 242 g)

Equipment

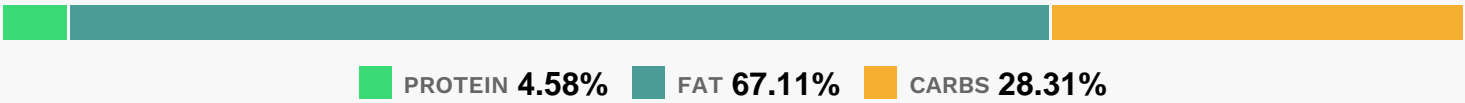
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ skewers
- ☐ measuring cup
- ☐ immersion blender

Directions

- ☐ Have ready 10 ice-pop molds. If your molds are flexible like the ones we use at the museum, set them on a rimmed baking sheet.
- ☐ Place the chocolate in a large heatproof bowl, add the vanilla extract, and set aside.
- ☐ In a medium, heavy-bottomed saucepan, combine the cream, milk, sugar, cocoa powder, and salt. Cook over medium-low heat, whisking often to break up the lumps of cocoa powder, until bubbles start to form around the edges and the temperature of the mixture registers 180°F to 190°F on a digital thermometer.
- ☐ Immediately pour the cream mixture over the chocolate and stir with a whisk or blend with an immersion blender until the chocolate is completely melted and the mixture is a smooth liquid (a thoroughly emulsified mixture will yield the most creamy fudge pop). Strain the mixture through a fine-mesh sieve set over a liquid measuring cup.
- ☐ Pour the chocolate mixture into the ice-pop molds and freeze until solid, at least 4 hours or up to 2 weeks; follow the manufacturer's instructions for inserting the sticks. If you don't have ice-pop molds, pour the chocolate mixture into ice cube trays; freeze until partially frozen, about 30 minutes, and then insert a toothpick or short wooden skewer into each ice pop. Continue freezing until solid.
- ☐ Unmold the fudge pops, dipping the molds into warm water to loosen, if needed, and serve.
- ☐ Do Ahead: Stored in an airtight container, the fudge pops will keep for up to 2 weeks in the freezer. Above and Beyond: This recipe works well in any ice-pop mold, but if you want to create a miniature edible Ellsworth Kelly sculpture in your home, see Resources to order the

silicone ice-pop molds we use at the café.Resources: Medium ice-pop molds (4-ounce capacity): coldmolds.com

Nutrition Facts



Properties

Glycemic Index:13.51, Glycemic Load:4.9, Inflammation Score:-5, Nutrition Score:7.0443477190059%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 338.91kcal (16.95%), Fat: 25.36g (39.02%), Saturated Fat: 15.41g (96.33%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 21.62g (7.86%), Sugar: 19.42g (21.58%), Cholesterol: 47.38mg (15.79%), Sodium: 315.47mg (13.72%), Alcohol: 0.56g (100%), Alcohol %: 0.67% (100%), Caffeine: 25.55mg (8.52%), Protein: 3.89g (7.78%), Manganese: 0.4mg (20.07%), Copper: 0.38mg (18.96%), Magnesium: 58.9mg (14.73%), Phosphorus: 129.92mg (12.99%), Vitamin A: 610.25IU (12.21%), Iron: 1.91mg (10.6%), Fiber: 2.45g (9.82%), Calcium: 80.71mg (8.07%), Vitamin B2: 0.13mg (7.64%), Potassium: 252.15mg (7.2%), Zinc: 1mg (6.69%), Vitamin D: 0.93µg (6.2%), Selenium: 4.19µg (5.98%), Vitamin B12: 0.28µg (4.59%), Vitamin E: 0.53mg (3.5%), Vitamin K: 3.34µg (3.18%), Vitamin B5: 0.3mg (2.96%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (2.11%), Vitamin B3: 0.31mg (1.56%)