



WHATShEATE



Kitchen Sink Cookie Pops

READY IN



65 min.

SERVINGS



16

CALORIES



165 kcal

Ingredients

- ☐ 3 oz baker's chocolate chopped
- ☐ 0.5 cup butter softened
- ☐ 16 celery stalks (with round ends)
- ☐ 1 pouch chocolate chip cookie mix
- ☐ 0.5 cup coconut flakes flaked
- ☐ 2.8 oz chocolate bar english chopped
- ☐ 1 eggs
- ☐ 0.8 cup pecans chopped

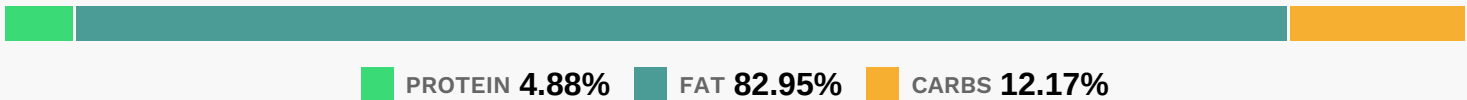
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 375F. In large bowl, stir cookie mix, butter and egg until soft dough forms. Stir in pecans, coconut and toffee until well blended.
- ☐ Shape dough into 2-inch balls. On ungreased cookie sheets, place balls 2 inches apart. Flatten slightly. Insert 1 craft stick halfway into each dough ball.
- ☐ Bake 13 to 14 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.
- ☐ In small microwavable bowl, microwave chocolate uncovered on High 30 to 60 seconds until softened and chocolate can be stirred smooth.
- ☐ Drizzle chocolate over cookies.
- ☐ Let stand until set.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:5.2747826407785%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 164.8kcal (8.24%), Fat: 16.32g (25.11%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 2.97g (1.08%), Sugar: 1.72g (1.92%), Cholesterol: 25.64mg (8.55%), Sodium: 56.19mg (2.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.22mg (2.74%), Protein: 2.16g (4.32%), Manganese: 0.63mg (31.29%), Copper: 0.35mg (17.27%), Iron: 1.79mg (9.95%), Fiber: 2.41g (9.65%), Magnesium: 38.2mg (9.55%), Zinc: 1.01mg (6.72%), Phosphorus: 64.31mg (6.43%), Vitamin A: 214.88IU (4.3%), Potassium: 130.97mg (3.74%), Selenium: 2.38µg (3.41%), Vitamin B1: 0.05mg (3.15%), Vitamin K: 2.74µg (2.61%), Vitamin E: 0.34mg (2.25%), Vitamin B2: 0.04mg (2.11%), Calcium: 18.1mg (1.81%), Vitamin B5: 0.15mg (1.55%), Vitamin B6: 0.03mg (1.49%), Folate: 5.84µg (1.46%), Vitamin B3: 0.22mg (1.1%)