



Marshmallow Pops

READY IN



25 min.

SERVINGS



12

CALORIES



376 kcal

DESSERT

Ingredients

- ☐ 1 pound chocolate almond bark white or both
- ☐ 12 servings candy melting wafers blue for coating
- ☐ 12 servings orange candy melting wafers for coating
- ☐ 12 servings chocolate sandwich cookies such as oreos, for topping crushed
- ☐ 4 graham crackers crumbled
- ☐ 12 regular marshmallows
- ☐ 0.5 cup pecans chopped
- ☐ 12 servings sprinkles such as blue assorted for topping

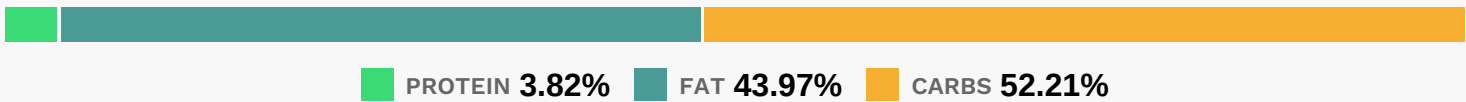
Equipment

- ☐ double boiler
- ☐ lollipop sticks

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 12 lollipop sticks (sold in craft stores)
- ☐ Melt the chocolate or white (or both) almond bark in a double boiler (melt them separately if using both). Next melt the blue and orange candy melting wafers separately in double boilers. Stir them all until they are nice and smooth. These will be your marshmallow coatings.
- ☐ One by one, dip the very tip of each lollipop stick into one of the coatings. Then stick that end of the stick into a marshmallow until it's not quite all the way through. Repeat with the rest of the marshmallows, standing them up as you go.
- ☐ Next, roll each marshmallow in the coating of your choice, and then tap the stick gently on the side of the double boiler to get rid of the excess. Using your fingers, sprinkle the topping of your choice all over the coating. For a rocky road version, dip in the chocolate and roll in the chopped pecans. For a s'more version, dip in the chocolate and roll in the graham cracker crumbs. For a cookies and cream version, dip in the white chocolate and roll in the crushed chocolate sandwich cookies.
- ☐ Set the pops stick-side up on a piece of waxed paper, or stick them into florist foam that makes flowers stand up.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:21.58, Inflammation Score:-1, Nutrition Score:4.8739130367403%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,

Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 376.45kcal (18.82%), Fat: 18.81g (28.94%), Saturated Fat: 9.03g (56.44%), Carbohydrates: 50.24g (16.75%), Net Carbohydrates: 49.24g (17.9%), Sugar: 41.84g (46.49%), Cholesterol: 7.94mg (2.65%), Sodium: 115.25mg (5.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Manganese: 0.28mg (14.24%), Phosphorus: 99.63mg (9.96%), Iron: 1.79mg (9.92%), Vitamin B2: 0.15mg (8.87%), Calcium: 84.68mg (8.47%), Vitamin K: 6.7µg (6.38%), Copper: 0.12mg (6.16%), Vitamin B1: 0.09mg (5.79%), Vitamin E: 0.71mg (4.71%), Potassium: 161.86mg (4.62%), Magnesium: 18.25mg (4.56%), Zinc: 0.66mg (4.42%), Vitamin B3: 0.81mg (4.06%), Fiber: 1.01g (4.02%), Selenium: 2.58µg (3.69%), Vitamin B12: 0.21µg (3.53%), Folate: 12.78µg (3.19%), Vitamin B5: 0.3mg (3.03%), Vitamin B6: 0.04mg (1.91%)