



Mexican Chocolate Pops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



375 min.

SERVINGS



6

CALORIES



180 kcal

DESSERT

Ingredients

- 6 ounces bittersweet chocolate very finely chopped ()
- 2 tablespoons brown sugar light
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper to taste (or less)
- 2 cups frangelico

Equipment

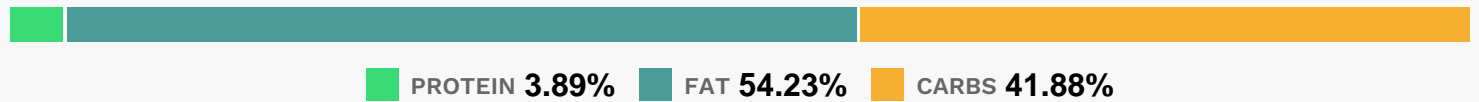
- bowl
- sauce pan

whisk

Directions

- To make the chocolate pops, place the chocolate, sugar, cinnamon, and cayenne in a heatproof bowl. In a small saucepan over medium heat, bring the half-and-half to a gentle simmer.
- Pour the half-and-half over the chocolate and whisk until the chocolate melts and the mixture is well combined.
- Pour the mixture into ice pop molds and insert sticks. Freeze until firm, at least 6 hours or up to 1 week.
- To unmold the chocolate pops, run hot water over the outsides of the molds for a few seconds, being careful not to let it splash over the top of the pops, then gently tug on the sticks.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.4421738482526%

Nutrients (% of daily need)

Calories: 179.81kcal (8.99%), Fat: 10.88g (16.73%), Saturated Fat: 6.25g (39.05%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 16.56g (6.02%), Sugar: 14.3g (15.89%), Cholesterol: 1.7mg (0.57%), Sodium: 3.99mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 1.75g (3.51%), Manganese: 0.39mg (19.72%), Copper: 0.36mg (17.81%), Magnesium: 50.43mg (12.61%), Iron: 1.83mg (10.19%), Fiber: 2.33g (9.34%), Phosphorus: 74.17mg (7.42%), Zinc: 0.76mg (5.04%), Potassium: 168.1mg (4.8%), Selenium: 2.44µg (3.48%), Calcium: 21.85mg (2.19%), Vitamin K: 2.13µg (2.03%), Vitamin E: 0.19mg (1.29%), Vitamin B3: 0.25mg (1.25%)