



Owl Brownie Pops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



315 kcal

DESSERT

Ingredients

- ☐ 1 cup candy corn
- ☐ 12 cashew pieces
- ☐ 12 celery stalks
- ☐ 16 ounce vanilla frosting
- ☐ 24 m&m candies
- ☐ 24 m&m candies black
- ☐ 8.3 ounce sugar white

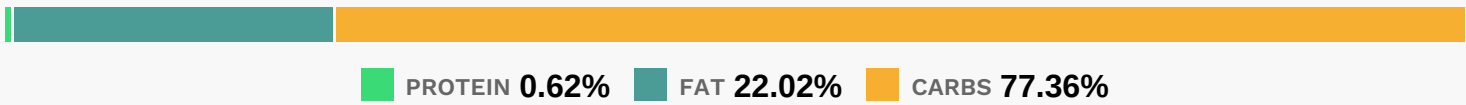
Equipment

- ☐ knife
- ☐ cookie cutter
- ☐ offset spatula

Directions

- ☐ Using 2 3/4-inch round cookie cutter, cut each brownie into circle. Using small offset spatula or knife, spread frosting in thin even layer on top of each brownie.
- ☐ Sprinkle each brownie with white sprinkles.
- ☐ To create eyes, arrange 2 butterscotch candies near top of 1 brownie and press gently to secure. Using small offset spatula or knife, place small dollop of frosting onto 1 black M&M, then gently press into 1 butterscotch. Repeat with second M&M on second butterscotch. To create nose, place 1 cashew between butterscotch eyes and press gently to secure. To create feathers, arrange about 7 pieces candy corn above eyes and press gently to secure. Decorate remaining brownies in same manner.
- ☐ Insert candy or craft stick into one side of each brownie.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:24.76, Inflammation Score:-1, Nutrition Score:1.4426086972589%

Flavonoids

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: 315.35kcal (15.77%), Fat: 7.78g (11.98%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 61.54g (20.51%), Net Carbohydrates: 61.32g (22.3%), Sugar: 58.04g (64.48%), Cholesterol: 0.6mg (0.2%), Sodium: 114.93mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin B2: 0.12mg (7.12%), Vitamin K: 6.6µg (6.28%), Vitamin E: 0.6mg (4.02%), Copper: 0.04mg (1.78%), Phosphorus: 16.66mg (1.67%), Manganese: 0.03mg (1.49%), Magnesium: 5.2mg (1.3%), Iron: 0.23mg (1.26%), Folate: 4.84µg (1.21%)