



Piña Colada Cake Pops

READY IN



30 min.

SERVINGS



24

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 inch angel food cake
- 6 oz yogurt light yoplait®
- 2 tablespoons powdered sugar
- 24 you will also need: parchment paper
- 1 serving coconut or shredded

Equipment

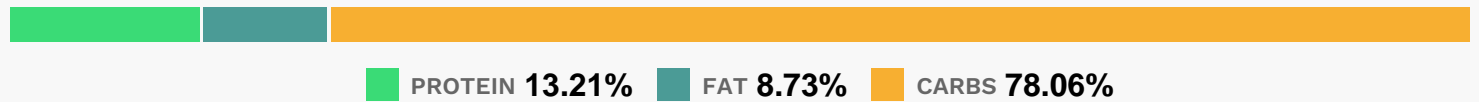
- food processor
- bowl

lollipop sticks

Directions

- In food processor, break up angel food cake into small pieces. Cover; process with on-and-off pulses in batches until crumbs form. Do not over process (to avoid cake sticking).
- Place in large bowl.
- In medium bowl, stir yogurt, cream cheese and powdered sugar until smooth.
- Pour into cake crumb bowl.
- Mix well. Shape mixture into 24 golf ball-size pops, about 2 tablespoons each. Poke lollipop stick into each pop.
- Roll pops in sprinkles. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:1.21, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.2917391325793%

Nutrients (% of daily need)

Calories: 69.12kcal (3.46%), Fat: 0.66g (1.02%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.92g (4.7%), Sugar: 1.65g (1.84%), Cholesterol: 2.63mg (0.88%), Sodium: 122.85mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Selenium: 5.88µg (8.41%), Vitamin B1: 0.1mg (6.83%), Manganese: 0.13mg (6.46%), Vitamin B3: 1.04mg (5.21%), Vitamin B2: 0.09mg (5.06%), Folate: 17.22µg (4.3%), Iron: 0.66mg (3.65%), Phosphorus: 27.5mg (2.75%), Calcium: 19.35mg (1.93%), Copper: 0.03mg (1.59%), Fiber: 0.38g (1.53%), Magnesium: 4.95mg (1.24%), Zinc: 0.18mg (1.23%)