



## Piña Colada Cake Pops

READY IN



30 min.

SERVINGS



24

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

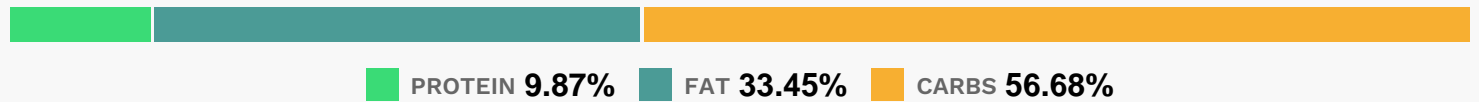
- food processor
- bowl

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:0.12, Inflammation Score:-1, Nutrition Score:3.2299999964788%

## Nutrients (% of daily need)

Calories: 103.05kcal (5.15%), Fat: 3.87g (5.96%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 13.51g (4.91%), Sugar: 2.25g (2.5%), Cholesterol: 2.63mg (0.88%), Sodium: 124.77mg (5.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Manganese: 0.27mg (13.64%), Selenium: 6.85µg (9.79%), Vitamin B1: 0.11mg (7.26%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.09mg (5.17%), Fiber: 1.25g (4.98%), Iron: 0.89mg (4.95%), Folate: 19.71µg (4.93%), Phosphorus: 38.33mg (3.83%), Copper: 0.07mg (3.68%), Calcium: 20.69mg (2.07%), Magnesium: 8.02mg (2%), Zinc: 0.29mg (1.93%), Potassium: 65.04mg (1.86%)