



Pumpkin “I Scream” Cookie Pops

 Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



331 kcal

Ingredients

- 17.5 oz pumpkin pie spice
- 1 serving eggs for on cookie mix pouch
- 2 tablespoons flour all-purpose
- 4 cups whipped cream softened
- 12 celery stalks (with round ends)
- 0.3 cup sprinkles
- 7 oz chocolate icing

Equipment

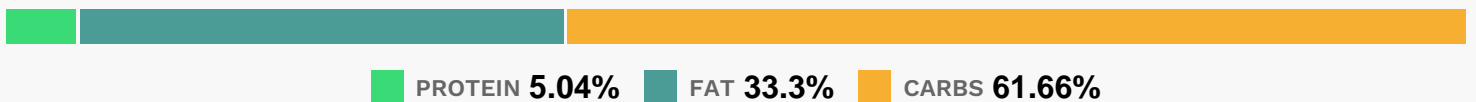
- bowl

- baking sheet
- oven
- plastic wrap
- cookie cutter

Directions

- In medium bowl, stir cookie mix, butter, egg and flour until dough forms. Divide dough in half; shape each half into a ball and flatten slightly. Wrap dough in plastic wrap; refrigerate 1 hour or until firm.
- Heat oven to 375°F. On lightly floured surface, roll 1 portion of dough to 1/4-inch thickness.
- Cut with 3-inch pumpkin-shaped cookie cutter. On ungreased cookie sheet, place cutouts 2 inches apart. Repeat with remaining dough and reroll scraps.
- Bake 10 to 12 minutes or until edges are set. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.
- For each sandwich cookie, spread 1/3 cup ice cream on bottom of 1 cookie; press craft stick in center of ice cream. Top with second cookie, bottom side down; gently press together. Press candy sprinkles into ice cream on edges. Wrap in plastic wrap; freeze 1 hour. Unwrap; decorate cookies with icing. Freeze until firm, about 2 hours. Rewrap in plastic wrap; store in freezer.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:11.68, Inflammation Score:-5, Nutrition Score:15.747826094213%

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: 330.75kcal (16.54%), Fat: 13.33g (20.5%), Saturated Fat: 6.51g (40.69%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 49.01g (17.82%), Sugar: 27.09g (30.1%), Cholesterol: 33mg (11%), Sodium: 95.56mg (4.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Manganese: 6.57mg (328.38%), Iron: 8.34mg (46.36%), Calcium: 342.62mg (34.26%), Fiber: 6.52g (26.1%), Magnesium: 63.71mg (15.93%), Vitamin K: 15.21µg (14.49%), Vitamin B2: 0.24mg (13.96%), Vitamin C: 10.06mg (12.2%), Potassium: 384.08mg (10.97%), Copper: 0.22mg (10.8%), Phosphorus: 107.53mg (10.75%), Vitamin B6: 0.2mg (9.81%), Zinc: 1.36mg (9.04%), Selenium: 6.22µg (8.88%), Vitamin E: 1.23mg (8.22%), Vitamin A: 330.91IU (6.62%), Vitamin B1: 0.09mg (5.73%), Vitamin B3: 1.1mg (5.52%), Folate: 18.9µg (4.72%), Vitamin B12: 0.2µg (3.4%), Vitamin B5: 0.34mg (3.36%), Vitamin D: 0.16µg (1.08%)