



Red, White and Blue Cake Pops

 Popular

READY IN



180 min.

SERVINGS



40

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix white your favorite (or flavor)
- 12 oz fluffy frosting white your favorite (or flavor)
- 14 oz candy melts (any flavor)
- 1 teaspoon shortening
- 1 serving sprinkles assorted
- 1 serving weight cream cheese white
- 1 sticks frangelico (with round ends)

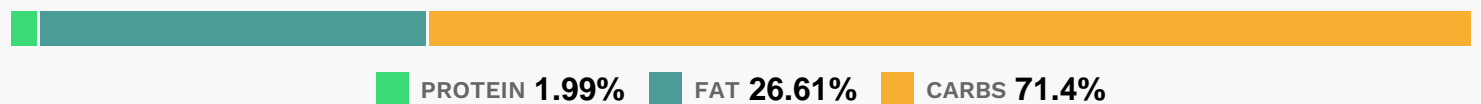
Equipment

- bowl
- frying pan
- baking sheet
- oven
- microwave

Directions

- Line several cookie sheets with waxed paper. Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs. Cool completely, about 1 hour.
- With fingers, crumble cake into large bowl.
- Add frosting; mix well with fingers until dough forms. Shape into quarter-size balls; place on cookie sheets. Freeze about 15 minutes.
- When ready to assemble, in small microwavable bowl, microwave candy melts uncovered as directed on bag. Stir in shortening until smooth and mixture runs off spoon.
- Remove cake pop balls from freezer. Dip tip of each craft stick into melted candy, then halfway into 1 cake ball; place on waxed paper-lined cookie sheet.
- When all cake balls have sticks, gently swirl 1 cake ball in melted candy to coat well; allow candy to drip back into bowl. Dip ball into candy sprinkles to decorate; place in plastic foam to allow candy to harden. Repeat with remaining cake balls and melted candy.

Nutrition Facts



Properties

Glycemic Index:1.08, Glycemic Load:2.48, Inflammation Score:-1, Nutrition Score:1.1700000011403%

Nutrients (% of daily need)

Calories: 107.63kcal (5.38%), Fat: 3.18g (4.9%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 19.06g (6.93%), Sugar: 13.71g (15.24%), Cholesterol: 0mg (0%), Sodium: 109.86mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Phosphorus: 45.22mg (4.52%), Vitamin B2: 0.05mg (3.16%), Calcium: 28.65mg (2.86%), Folate: 9.74µg (2.43%), Vitamin B1: 0.03mg (1.93%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.33mg (1.64%), Selenium: 1.12µg (1.6%), Iron: 0.27mg (1.48%), Vitamin K: 1.52µg (1.45%), Manganese: 0.03mg (1.33%)