



Salty Peanut Butter Brownie Pops

READY IN



150 min.

SERVINGS



48

CALORIES



150 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 8 oz baker's chocolate chopped
- 0.7 cup creamy peanut butter
- 48 you will also need: parchment paper
- 1 serving weight cream cheese
- 3 tablespoons fruit cocktail salted chopped
- 1 teaspoon sea salt

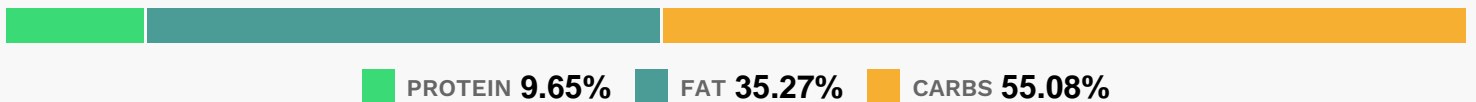
Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- microwave
- lollipop sticks

Directions

- Heat oven to 325°F. Line 8-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan; spray foil with cooking spray. Make and bake brownie mix as directed on box, using water, oil and eggs. Cool. Use foil to lift brownies out of pan; trim edges.
- Line cookie sheet with waxed paper. Shape baked brownies into 1-inch balls; place on cookie sheet. Freeze until firm; keep refrigerated.
- In microwavable bowl, microwave chocolate and peanut butter uncovered on High 1 minute, stirring once, until melted and smooth. Dip tip of 1 lollipop stick into chocolate mixture and insert stick into 1 brownie ball no more than halfway. Repeat. Return brownie pops to cookie sheet. Refrigerate 5 minutes.
- Remove from refrigerator a few at a time. Dip each ball into chocolate mixture to cover; tap off excess. Insert opposite end of stick into foam block.
- Sprinkle tops with peanuts and salt. Refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:1.44, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:4.4426087320823%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 150.34kcal (7.52%), Fat: 6.17g (9.49%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 20.36g (7.4%), Sugar: 5.82g (6.47%), Cholesterol: 1.71mg (0.57%), Sodium: 204.86mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.79g (7.59%), Manganese: 0.37mg (18.61%), Iron: 1.82mg (10.13%), Copper: 0.2mg (9.82%), Selenium: 5.89µg (8.42%), Vitamin B3: 1.57mg (7.87%), Vitamin B1: 0.11mg (7.38%), Magnesium: 25.36mg (6.34%), Fiber: 1.31g (5.23%), Folate: 20.78µg (5.19%), Vitamin B2: 0.08mg (4.92%), Phosphorus: 46.65mg (4.66%), Zinc: 0.68mg (4.55%), Vitamin E: 0.37mg (2.49%), Potassium: 75.9mg (2.17%), Calcium: 15.62mg (1.56%), Vitamin B6: 0.02mg (1.17%)