



School of Fish Cake Pops

READY IN



260 min.

SERVINGS



54

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix yellow
- 12 oz cream cheese frosting
- 12 oz candy melts melted
- 12 oz candy melts green melted
- 12 oz candy melts melted
- 3 tablespoons shortening
- 54 you will also need: parchment paper
- 1 serving plums green
- 54 pieces corn flakes/bran flakes fruity

- 1 serving m&m candies black
- 1 serving weight cream cheese

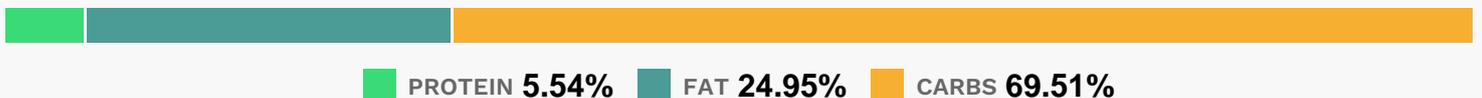
Equipment

- bowl
- frying pan
- baking sheet
- oven
- ziploc bags
- lollipop sticks

Directions

- Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs. Cool. Line 2 cookie sheets with waxed paper. Crumble cake into large bowl.
- Add frosting; mix well. Shape into 1 1/4-inch balls; place on 1 cookie sheet. Freeze until firm; keep refrigerated.
- In 3 separate bowls, stir each color melted candy and 1 tablespoon shortening until smooth. Spoon 1/4 cup of each color candy into separate resealable food-storage plastic bag; seal bag.
- Cut off small corner of bag; squeeze bag to pipe fish fins onto prepared cookie sheet. Refrigerate 5 minutes.
- Dip tip of 1 lollipop stick about 1/2 inch into melted candy and insert stick into 1 cake ball no more than halfway. Return to cookie sheet. Refrigerate 5 minutes.
- Remove from refrigerator 1 at a time. Dip cake ball into melted candy to cover; tap off excess. Coat with sanding sugar. Immediately attach candy fins, cereal for mouth and confetti for eyes. Poke opposite end of stick into foam block.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:2.05, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:3.365652140068%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 170.51kcal (8.53%), Fat: 4.71g (7.25%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 28.86g (10.5%), Sugar: 13.89g (15.43%), Cholesterol: 1.75mg (0.58%), Sodium: 204.66mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin B1: 0.13mg (8.98%), Manganese: 0.18mg (8.87%), Selenium: 6.2µg (8.86%), Folate: 29.67µg (7.42%), Vitamin B3: 1.43mg (7.16%), Vitamin B2: 0.11mg (6.42%), Iron: 1.14mg (6.31%), Phosphorus: 50.29mg (5.03%), Calcium: 30.32mg (3.03%), Fiber: 0.69g (2.75%), Copper: 0.04mg (2.13%), Magnesium: 7.37mg (1.84%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.22mg (1.43%), Vitamin B12: 0.06µg (1.06%)