



S'more Shortcake Pops

READY IN



105 min.

SERVINGS



36

CALORIES



83 kcal

DESSERT

Ingredients

- 3 tablespoons butter melted
- 36 celery stalks (with rounded ends)
- 2 tablespoons graham cracker crumbs
- 1.5 cups marshmallow creme
- 0.7 cup milk
- 12 oz milk chocolate chips
- 1 teaspoon shortening
- 3 tablespoons sugar
- 2.3 cups frangelico

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Equipment

- bowl
- baking sheet
- oven
- wire rack
- measuring cup

Directions

- Heat oven to 425F. To measure Bisquick mix, lightly spoon into measuring cup; level off. In medium bowl, stir Bisquick, milk, sugar and butter until soft dough forms. Drop by 6 spoonfuls onto ungreased cookie sheet.
- Bake 10 to 12 minutes or until golden brown.
- Remove from cookie sheet to cooling rack. Cool completely; about 20 minutes.
- With fingers, crumble shortcake into large bowl.
- Add marshmallow creme; mix well with spoon, pressing with back of spoon if necessary, until dough forms. Form dough into 36 1-inch balls (mixture will be a little sticky).
- Place on cookie sheet. Insert craft sticks into shortcake balls but do not poke all the way through other side.* Gently squeeze shortcake balls around craft sticks. Freeze 15 minutes.
- In small microwavable bowl, melt chips and shortening uncovered as directed on package of chips. Stir until smooth. When dipping shortcake balls, work with 5 to 10 at a time, keeping the rest in the freezer. Gently dip each shortcake ball two-thirds into chocolate mixture; allowing excess chocolate to drip back into bowl.
- Sprinkle balls with small amount of graham cracker crumbs. Repeat with remaining shortcake balls and melted chocolate mixture.
- Place in white or green polystyrene foam to allow chocolate to harden. Once chocolate is hardened, eat immediately or store covered in refrigerator. If refrigerated, uncover and allow shortcake pops to stand at room temperature 15 minutes before serving.

Nutrition Facts



■ PROTEIN 1.05% ■ FAT 41.66% ■ CARBS 57.29%

Properties

Glycemic Index:5.95, Glycemic Load:1.1, Inflammation Score:-1, Nutrition Score:0.47782609125842%

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: 82.62kcal (4.13%), Fat: 3.99g (6.13%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 12.25g (4.45%), Sugar: 10.05g (11.17%), Cholesterol: 0.54mg (0.18%), Sodium: 19.6mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Calcium: 14.71mg (1.47%), Vitamin A: 67.01IU (1.34%), Potassium: 45.67mg (1.3%), Vitamin K: 1.26µg (1.2%)