




 **91%**
HEALTH SCORE

Spring Chicks Cake Pops


 Very Healthy

READY IN




150 min.

SERVINGS



48

CALORIES



6301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix white your favorite (or flavor)
- 16 oz vanilla frosting your favorite (or non-chip, no-nut flavor)
- 42 oz candy melts yellow
- 48 you will also need: parchment paper
- 1 serving weight cream cheese white
- 48 heart-shape paper punch
- 96 heart-shape paper punch yellow
- 96 sprinkles

96 sprinkles green blue

Equipment

- bowl
- frying pan
- baking sheet
- oven
- toothpicks
- microwave
- lollipop sticks

Directions

- Make and bake cake mix in 13x9-inch pan as directed on box. using water, oil and eggs. Cool completely. Crumble cake into bowl.
- Add frosting; mix well.
- Roll into 1-inch balls; onto waxed paper-lined cookie sheet. Freeze until firm. Keep refrigerated.
- In microwavable bowl, microwave 1 bag of candy melts uncovered on Medium (50%) 1 minute, then in 15-second intervals, until melted; stir until smooth.
- Remove several cake balls from refrigerator at a time. Dip tip of 1 lollipop stick about 1/2 inch into melted candy and insert stick into 1 cake ball no more than halfway. Dip into melted candy to cover; tap off any excess. (Reheat candy in microwave or add vegetable oil if too thick to coat.) Poke opposite end of stick into foam block.
- Let set. Reheat with remaining candy and cake balls. With toothpick, dot small amount of leftover melted candy on cake pop for beak; attach 1 orange heart sprinkle, pointed side out. With same technique, attach 2 yellow sprinkles for wings, pointed side out, on sides of pop; attach two 2 orange wildflower sprinkles at bottom of pop for feet; and attach 2 blue sprinkles for eyes.

Nutrition Facts

 PROTEIN **64.21%**  FAT **32.85%**  CARBS **2.94%**

Properties

Glycemic Index:0.9, Glycemic Load:2.76, Inflammation Score:-8, Nutrition Score:72.743478357306%

Nutrients (% of daily need)

Calories: 6301.41kcal (315.07%), Fat: 219.81g (338.17%), Saturated Fat: 78.72g (492.03%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 43.8g (15.93%), Sugar: 20.83g (23.15%), Cholesterol: 6749.79mg (2249.93%), Sodium: 5545.18mg (241.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 966.63g (1933.26%), Vitamin B12: 465.3µg (7754.92%), Vitamin B2: 49.43mg (2907.55%), Vitamin B3: 411.09mg (2055.45%), Selenium: 1192.65µg (1703.79%), Iron: 235.41mg (1307.85%), Phosphorus: 11590.54mg (1159.05%), Copper: 21.59mg (1079.35%), Vitamin B5: 97.45mg (974.54%), Vitamin B1: 13.07mg (871.66%), Vitamin B6: 15.19mg (759.6%), Zinc: 92.71mg (618.04%), Potassium: 15644.07mg (446.97%), Magnesium: 1147.9mg (286.98%), Vitamin C: 108.84mg (131.93%), Manganese: 2.05mg (102.4%), Vitamin E: 12.21mg (81.4%), Folate: 187.9µg (46.98%), Calcium: 413.81mg (41.38%), Fiber: 0.46g (1.84%), Vitamin K: 1.52µg (1.45%)