



Strawberries and Cream Cake Pops

READY IN



130 min.

SERVINGS



36

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 box cake mix white
- 0.5 cup powdered sugar
- 2 oz cream cheese softened
- 0.3 cup butter softened
- 0.3 cup strawberry jam
- 1 cup strawberries dried chopped
- 1 cup candy melts red melted (from 14-oz bag)
- 28 oz candy melts melted
- 36 you will also need: parchment paper

- 1 large weight cream cheese white
- 0.5 cup pink lady apples

Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- lollipop sticks

Directions

- Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and egg whites. Cool completely.
- Line cookie sheet with waxed paper. In large bowl, beat powdered sugar, cream cheese, butter and jam with electric mixer on medium speed until blended. Crumble cake into cream cheese mixture; mix well. Stir in dried strawberries. Shape into 2-inch balls; place on cookie sheet. Freeze until firm. When cake balls are firm, transfer to refrigerator.
- Spoon about 2 tablespoons melted red candy into pink candy; swirl gently.
- 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 each cake ball into swirled candy to cover; tap off excess. (Spoon more red candy into pink candy as needed.) Poke opposite end of stick into foam block.
- Sprinkle with pink sugar.
- Let stand until set.

Nutrition Facts



PROTEIN 6.67% **FAT 25.13%** **CARBS 68.2%**

Properties

Glycemic Index:4.56, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:3.8095652085284%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 220.89kcal (11.04%), Fat: 6.1g (9.39%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 36.44g (13.25%), Sugar: 19.47g (21.63%), Cholesterol: 7.44mg (2.48%), Sodium: 280.91mg (12.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Selenium: 7.11µg (10.16%), Phosphorus: 99.32mg (9.93%), Vitamin B1: 0.13mg (8.89%), Manganese: 0.15mg (7.68%), Vitamin B2: 0.13mg (7.43%), Folate: 29.09µg (7.27%), Vitamin B3: 1.39mg (6.96%), Calcium: 66.58mg (6.66%), Iron: 0.98mg (5.43%), Fiber: 0.82g (3.27%), Copper: 0.05mg (2.25%), Zinc: 0.31mg (2.04%), Magnesium: 7.12mg (1.78%), Potassium: 48.1mg (1.37%), Vitamin A: 67.47IU (1.35%), Vitamin E: 0.18mg (1.22%), Vitamin B12: 0.07µg (1.16%), Vitamin B5: 0.11mg (1.12%)