



Sugar Plum Cake Pops

READY IN



235 min.

SERVINGS



12

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 8 ounces coating chocolate white
- 1 teaspoon lemon zest
- 2.5 cups marshmallows miniature
- 3 cups rice cereal
- 0.3 cup colored decorating sugar

Equipment

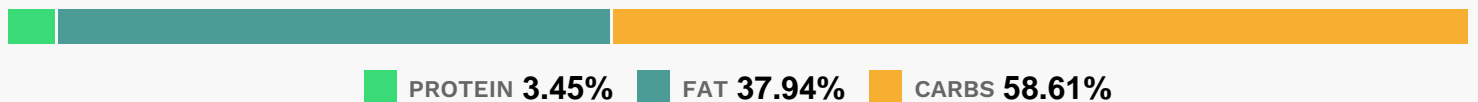
- bowl

- pot
- double boiler
- skewers
- lollipop sticks

Directions

- Watch how to make this recipe.
- In a large pot over medium-low heat, melt the butter.
- Add the marshmallows, stirring to coat with the butter. Continue to stir and cook until the marshmallows have completely melted.
- Remove from the heat and stir in the rice cereal and lemon zest.
- Mix until the cereal is completely coated.
- Using a scant 1/4 cup measure, roll the rice and marshmallow mixture into golf ball-size balls. Be sure to compress the cereal mixture tightly. Skewer a lollipop stick through the center of the ball. Repeat with remaining mixture and sticks.
- Melt the chocolate over a double boiler. Dip each cake pop into the melted chocolate.
- Remove and allow any excess to drip off, spinning slightly, to coat completely. Stick the pops into a piece of floral foam or a bowl full of rice to stand upright so that the chocolate can set up slightly.
- Let sit 5 minutes. Dip the top half of each pop into the sprinkles.
- Place the sticks back in the foam or rice and place in the refrigerator to set up completely, or allow to set for several hours at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:15.83, Inflammation Score:-1, Nutrition Score:1.5752174050912%

Nutrients (% of daily need)

Calories: 185.72kcal (9.29%), Fat: 8.04g (12.36%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 27.8g (10.11%), Sugar: 21.32g (23.69%), Cholesterol: 8.99mg (3%), Sodium: 40.63mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Phosphorus: 40.18mg (4.02%), Vitamin B2: 0.07mg (3.97%), Calcium: 39.17mg (3.92%), Selenium: 1.57µg (2.24%), Vitamin B1: 0.03mg (2.19%), Folate: 8.71µg (2.18%), Vitamin B12: 0.11µg (1.83%), Vitamin K: 1.89µg (1.8%), Potassium: 60.9mg (1.74%), Copper: 0.03mg (1.65%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.31mg (1.57%), Zinc: 0.2mg (1.32%), Vitamin A: 64.06IU (1.28%), Vitamin B5: 0.12mg (1.19%), Iron: 0.21mg (1.15%)