



Sweetheart Chocolate Lollipops

 Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



5093 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz baker's chocolate unsweetened
- 4 oz baker's chocolate white
- 0.8 cup butter
- 3 eggs
- 2 cups flour
- 1 serving valentine sprinkles assorted
- 2 cups sugar
- 1 tsp vanilla

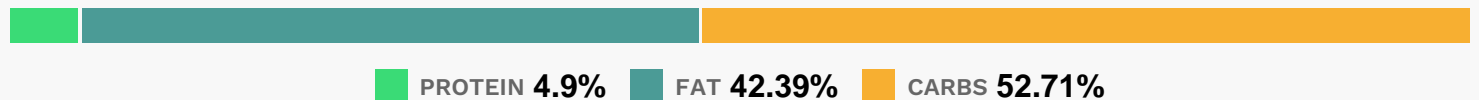
Equipment

- bowl
- baking sheet
- oven
- microwave
- lollipop sticks

Directions

- Heat oven to 350F.
- Microwave unsweetened chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted and mixture is well blended.
- Add sugar; mix well. Blend in eggs and vanilla.
- Add flour; mix well. Refrigerate 1 hour or until dough is stiff.
- Shape dough into 30 (2-inch) balls; insert lollipop stick into each ball.
- Place, 2 inches apart, on baking sheets sprayed with cooking spray.
- Bake 8 min. or just until firm. (Do not overbake.)
- Let stand on baking sheets 1 min.; transfer to wire racks. Cool completely.
- Melt white chocolate as directed on package; drizzle over lollipops. Decorate with sprinkles.
- Let stand until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:265.09, Glycemic Load:464.15, Inflammation Score:-10, Nutrition Score:68.843913096449%

Flavonoids

Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg

Nutrients (% of daily need)

Calories: 5093.19kcal (254.66%), Fat: 250.6g (385.54%), Saturated Fat: 151.19g (944.95%), Carbohydrates: 701.13g (233.71%), Net Carbohydrates: 675.33g (245.57%), Sugar: 478.03g (531.15%), Cholesterol: 880.89mg (293.63%), Sodium: 1420.8mg (61.77%), Alcohol: 1.44g (100%), Alcohol %: 0.15% (100%), Caffeine: 90.72mg (30.24%), Protein: 65.19g (130.38%), Manganese: 6.5mg (325.1%), Copper: 4.22mg (211.01%), Selenium: 143.66µg (205.24%), Iron: 34.15mg (189.74%), Vitamin B1: 2.26mg (150.83%), Vitamin B2: 2.41mg (141.72%), Folate: 564.34µg (141.08%), Phosphorus: 1225.65mg (122.56%), Magnesium: 459.17mg (114.79%), Fiber: 25.8g (103.2%), Zinc: 15.41mg (102.73%), Vitamin A: 5001.37IU (100.03%), Vitamin B3: 17.33mg (86.65%), Potassium: 1770.26mg (50.58%), Calcium: 496.94mg (49.69%), Vitamin E: 7.03mg (46.85%), Vitamin B5: 4.19mg (41.87%), Vitamin B12: 2.1µg (34.99%), Vitamin K: 34.38µg (32.75%), Vitamin B6: 0.43mg (21.74%), Vitamin D: 2.64µg (17.6%)