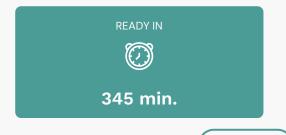
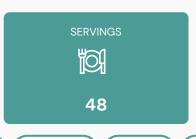
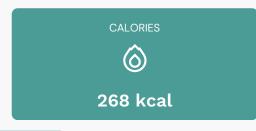


Trix[™] Cereal Cake Pops

airy Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

36 oz candy coating disks	(almond bark)
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- 4 cups corn flakes/bran flakes
- 48 you will also need: parchment paper
- 1 container vanilla frosting
- 1 box cake mix white yellow

Equipment

- bowl
- frying pan

	paking sheet		
	oven		
	microwave		
Directions			
	Heat oven to 350F (325F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Cool completely, about 1 hour.		
	In large bowl, crumble cake; stir in frosting until well blended. Refrigerate about 2 hours or until firm enough to shape.		
	Roll cake mixture into 48 (11/2-inch) balls; place on cookie sheet. Freeze 1 to 2 hours or until firm. Meanwhile, coarsely crush cereal. Line cookie sheet with waxed paper.		
	In 1-quart microwavable bowl, microwave 12 oz of the candy coating uncovered on High 1 minute 30 seconds; stir. Continue microwaving and stirring in 15-second intervals until melted; stir until smooth.		
	Remove one-third of the balls from freezer. Using 2 forks, dip and roll each ball in coating.		
	Place on waxed paper-lined cookie sheet. Immediately sprinkle with crushed cereal. Melt remaining candy coating in 12-oz batches; dip remaining balls and sprinkle with cereal.		
	Place in refrigerator.		
	To serve, carefully insert sticks into cake balls. Store any remaining cake balls in airtight container in refrigerator.		
Nutrition Facts			
DD00000 4 040/			
PROTEIN 4.01% FAT 28.73% CARBS 67.26%			
Droportios			

Properties

haking sheet

Glycemic Index:2.4, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:4.9286956553874%

Nutrients (% of daily need)

Calories: 267.93kcal (13.4%), Fat: 8.39g (12.9%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 43.1g (15.67%), Sugar: 26.41g (29.35%), Cholesterol: 1.71mg (0.57%), Sodium: 225.2mg (9.79%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.64g (5.27%), Manganese: 0.26mg (13.11%), Folate: 46.88µg (11.72%), Selenium: 8.04µg (11.49%), Vitamin B1: 0.17mg (11.09%), Vitamin B2: 0.17mg (10.05%), Iron: 1.8mg (9.98%), Vitamin B3: 1.87mg (9.33%), Phosphorus: 68.39mg (6.84%), Fiber: 1.07g (4.28%), Calcium: 34.27mg (3.43%),

Vitamin B6: 0.07mg (3.27%), Magnesium: 12.71mg (3.18%), Vitamin B12: 0.17μg (2.84%), Copper: 0.05mg (2.67%), Zinc: 0.36mg (2.39%), Vitamin E: 0.27mg (1.78%), Vitamin A: 85.99IU (1.72%), Vitamin K: 1.59μg (1.51%), Potassium: 43.3mg (1.24%)