



## Trix™ Cereal Cake Pops

 Dairy Free

READY IN



345 min.

SERVINGS



48

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 36 oz candy coating disks (almond bark)
- 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

- baking 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 (1 1/2-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



**PROTEIN 4.01%** **FAT 28.73%** **CARBS 67.26%**

## Properties

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: 0g (100%), Alcohol %: 0% (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%)