



## Watermelon Pops

READY IN



190 min.

SERVINGS



32

CALORIES



292 kcal

DESSERT

## Ingredients

- 1 box cake mix white
- 0.3 teaspoon purple gel food coloring
- 16 oz vanilla frosting (from 1-lb container)
- 0.8 cup semisweet chocolate chips miniature
- 32 you will also need: parchment paper
- 16 oz candy melts white melted
- 1 large weight cream cheese white
- 16 oz candy melts green melted
- 1 cup candy melts light green melted (from 16-oz bag)

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- toothpicks
- 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 and adding pink paste food color. Cool completely.
- Line cookie sheet with waxed paper. Crumble cake into large bowl.
- Add frosting and chocolate chips; mix well. Shape into 32 oblong balls; place on cookie sheet. Freeze until firm. When cake balls are firm, transfer to refrigerator.
- Remove several cake balls from refrigerator at a time. Dip tip of 1 lollipop stick 1/2 inch into melted white candy and insert stick into 1 cake ball no more than halfway. Dip each cake ball into melted candy to cover; tap off excess. Poke opposite end of stick into foam block.
- Let stand until set. Dip each cake ball into melted green candy to cover; tap off excess. Return sticks to foam block.
- Let stand until set. With toothpick, decorate cake balls with light green candy to look like watermelons.
- Let stand until set.

## Nutrition Facts



## Properties

Glycemic Index:1.34, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:4.8778260764868%

## Nutrients (% of daily need)

Calories: 292.07kcal (14.6%), Fat: 9.62g (14.8%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 45.81g (16.66%), Sugar: 27.73g (30.81%), Cholesterol: 2.89mg (0.96%), Sodium: 312.79mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.77mg (1.59%), Protein: 3.98g (7.95%), Phosphorus: 123.74mg (12.37%), Manganese: 0.23mg (11.45%), Selenium: 7.57µg (10.82%), Vitamin B2: 0.17mg (10.07%), Vitamin B1: 0.14mg (9.31%), Folate: 31.26µg (7.81%), Vitamin B3: 1.51mg (7.55%), Iron: 1.34mg (7.44%), Calcium: 72.96mg (7.3%), Copper: 0.11mg (5.64%), Magnesium: 17.03mg (4.26%), Fiber: 0.96g (3.85%), Zinc: 0.47mg (3.15%), Vitamin E: 0.39mg (2.61%), Vitamin K: 2.69µg (2.56%), Potassium: 81.49mg (2.33%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.08µg (1.35%)