



Watermelon Pops

READY IN



190 min.

SERVINGS



32

CALORIES



255 kcal

DESSERT

Ingredients

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

Equipment

- bowl
- frying pan
- baking sheet
- oven
- toothpicks
- lollipop sticks

Directions

- Heat oven to 350F. 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:1.55, Inflammation Score:-1, Nutrition Score:4.6869564807933%

Nutrients (% of daily need)

Calories: 254.96kcal (12.75%), Fat: 8.18g (12.59%), Saturated Fat: 5.69g (35.53%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 39.78g (14.47%), Sugar: 22.12g (24.58%), Cholesterol: 2.89mg (0.96%), Sodium: 296.46mg (12.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.77mg (1.59%), Protein: 3.98g (7.95%), Phosphorus: 122.14mg (12.21%), Manganese: 0.23mg (11.45%), Selenium: 7.56µg (10.81%), Vitamin B1: 0.14mg (9.25%), Vitamin B2: 0.14mg (8.49%), Folate: 30.55µg (7.64%), Vitamin B3: 1.49mg (7.45%), Iron: 1.33mg (7.37%), Calcium: 72.7mg (7.27%), Copper: 0.11mg (5.64%), Magnesium: 16.94mg (4.24%), Fiber: 0.96g (3.85%), Zinc: 0.47mg (3.11%), Potassium: 78.47mg (2.24%), Vitamin E: 0.26mg (1.7%), Vitamin K: 1.54µg (1.46%), Vitamin B12: 0.08µg (1.35%), Vitamin B5: 0.13mg (1.31%)