

# Chocolate Cream Pops

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## Servings: 10

1 package (4 serving size) Chocolate instant pudding and pie filling mix

2 cups milk

1/3 cup sweetened condensed milk

1/4 cup semisweet chocolate, grated

1/4 cup miniature semisweet chocolate morsels

10 3- to 4-ounce paper cups or freezer pop molds

10 food-safe wooden popsicle sticks or freezer pop sticks

## Preparation Time: 15 minutes

### Freeze Time: 5 hours

In a medium bowl, whisk together the pudding mix, milk and sweetened condensed milk for about 2 minutes or until smooth.

Spoon the mixture into the paper cups.

Sprinkle chocolate over the pudding mixture to cover.

Freeze for 30 minutes to one hour. Then insert the popsicle sticks.

Freeze an additional four to six hours or until firm.

Remove from the cups to serve.

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Per Serving (excluding unknown items): 83 Calories; 4g Fat (39.4% calories from fat); 3g Protein; 10g Carbohydrate; 0g Dietary Fiber; 10mg Cholesterol; 37mg Sodium. Exchanges: 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	83	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	39.4%	<b>Vitamin B12 (mcg):</b>	.2mcg
<b>% Calories from Carbohydrates:</b>	48.6%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	12.0%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	4g	<b>Folacin (mcg):</b>	4mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	3mg

<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	10mg
<b>Carbohydrate (g):</b>	10g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	3g
<b>Sodium (mg):</b>	37mg
<b>Potassium (mg):</b>	127mg
<b>Calcium (mg):</b>	88mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	96IU
<b>Vitamin A (r.e.):</b>	29RE

<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	1/2

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

<b>Calories</b> 83	Calories from Fat: 33
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### % Daily Values\*

<b>Total Fat</b> 4g	6%
Saturated Fat 2g	12%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 37mg	2%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 0g	0%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	1%
<b>Calcium</b>	9%
<b>Iron</b>	1%

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\* Percent Daily Values are based on a 2000 calorie diet.