

Coconut Cream Pops

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Servings: 10

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

2 cups milk

1/3 cup sweetened condensed milk

1/2 cup sweetened shredded coconut (toasted if desired)

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 coconut 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.

Per Serving (excluding unknown items): 62 Calories; 3g Fat (35.7% calories from fat); 2g Protein; 8g 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

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 62 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 35.7% | Vitamin B12 (mcg): | .2mcg |
| % Calories from Carbohydrates: | 49.1% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 15.2% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 3g | Folacin (mcg): | 4mcg |
| Saturated Fat (g): | 2g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 1g | Caffeine (mg): | 0mg |

Polyunsaturated Fat (g): trace
Cholesterol (mg): 10mg
Carbohydrate (g): 8g
Dietary Fiber (g): 0g
Protein (g): 2g
Sodium (mg): 37mg
Potassium (mg): 111mg
Calcium (mg): 87mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 95IU
Vitamin A (r.e.): 28 1/2RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 62 Calories from Fat: 22

% Daily Values*

| | | |
|----------------------------|------------------|----|
| Total Fat | 3g | 4% |
| | Saturated Fat 2g | 8% |
| Cholesterol | 10mg | 3% |
| Sodium | 37mg | 2% |
| Total Carbohydrates | 8g | 3% |
| | Dietary Fiber 0g | 0% |
| Protein | 2g | |
| <hr/> | | |
| Vitamin A | | 2% |
| Vitamin C | | 1% |
| Calcium | | 9% |
| Iron | | 0% |

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