

# Dirty Pirate Popsicle

BakersRoyale  
www.EndlessSimmer.com

2 1/2 cups Coke  
1/3 cup Captain Morgan Spiced Rum  
1/3 cup Kahlua

Place all of the ingredients in a large glass. Stir to combine.

Pour the mixture into popsicle molds.

Freeze for about two hours or until the mixture starts to solidify enough to hold a popsicle stick upright. Insert the popsicle sticks and finish freezing the popsicles overnight.

To release the popsicles, run hot water on the outside of the molds for 2 to 3 seconds.

*Slightly flat Coke will produce a popsicle that stays frozen longer. To quickly and manually flatten out the carbonation, empty out enough Coke from a 2-liter bottle to leave a 3-inch space from top of bottle to top of coke. Place cap back on and shake vigorously for 10 seconds. Set aside to leave bubbles to subside.*

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Per Serving (excluding unknown items): 309 Calories; trace Fat (1.2% calories from fat); 0g Protein; 43g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: .

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	309
% Calories from Fat:	1.2%
% Calories from Carbohydrates:	98.8%
% Calories from Protein:	0.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	43g
Dietary Fiber (g):	0g
	0g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	309
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
	0

**Protein (g):**  
**Sodium (mg):** 8mg  
**Potassium (mg):** 25mg  
**Calcium (mg):** 0mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 309 Calories from Fat: 4

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### % Daily Values\*

<b>Total Fat</b>	trace		0%
Saturated Fat	trace		1%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	8mg		0%
<b>Total Carbohydrates</b>	43g		14%
Dietary Fiber	0g		0%
<b>Protein</b>	0g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			0%
<b>Iron</b>			0%

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