

Mango-Overboard Icepop (Alcoholic)

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Servings: 8

1 3/4 cups refrigerated mango juice smoothie

3 oranges, peeled, seeded and quartered

3 tablespoons tequila

1 tablespoon Triple Sec or other orange liqueur

8 popsicle sticks

Place eight five-ounce paper cups in a shallow baking pan.

In a blender, combine the mango juice smoothie, oranges, tequila and Triple Sec. Cover and blend until just smooth.

Pour the mixture into the prepared paper cups. Cover each cup with a square of foil. Using a knife, make a small hole in the center of each foil square. Slide a popsicle stick through each hole and into the mixture.

Freeze overnight.

To serve, peel the paper cup off of the icepop. Serve at once or place in a larger glass set in ice.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 35 Calories; trace Fat (2.0% calories from fat); trace Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit.

Desserts

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 35 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 2.0% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 90.8% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 7.3% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | trace | Folacin (mcg): | 15mcg |

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): trace
Sodium (mg): trace
Potassium (mg): 89mg
Calcium (mg): 20mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 26mg
Vitamin A (i.u.): 101IU
Vitamin A (r.e.): 10 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 12
% Refused: 0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 35 **Calories from Fat:** 1

% Daily Values*

| | | |
|----------------------------|---------------------|-----|
| Total Fat | trace | 0% |
| | Saturated Fat trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | trace | 0% |
| Total Carbohydrates | 6g | 2% |
| | Dietary Fiber 1g | 5% |
| Protein | trace | |
| <hr/> | | |
| Vitamin A | | 2% |
| Vitamin C | | 44% |
| Calcium | | 2% |
| Iron | | 0% |

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