

Margarita Ice Pops

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Servings: 6

2 limes, skin removed and cut into sections

1 cup Margarita mix

1/2 cup water

2 tablespoons freshly squeezed orange juice

2 tablespoons freshly squeezed lime juice

1 tablespoon tequila

wooden popsicle sticks

Preparation Time: 5 minutes

Freeze Time: 6 hours

Place all of the ingredients in a blender. Blend until smooth.

Pour the mixture into a popsicle mold or five-ounce paper cup.

Insert the popsicle sticks into each popsicle.

Freeze overnight.

Per Serving (excluding unknown items): 12 Calories; trace Fat (3.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	12	Vitamin B6 (mg):	trace
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	5
Cholesterol (mg):	0mg	% Refused:	0 0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0

Potassium (mg): 23mg
Calcium (mg): 8mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 0RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 12 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	2g	1%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A		0%
Vitamin C		11%
Calcium		1%
Iron		1%

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