

Mojito Popsicles

Noelle Carter - Los Angeles Times
Scripps Treasure Coast Newspapers

Yield: 6 three-ounce popsicles

1 1/2 cups club soda
2 ounces lime juice (from about two limes)
zest of one lime, finely grated and divided
2/3 cup sugar
3 ounces white rum
fresh mint leaves (for garnish)

In a non-reactive saucepan over low heat, combine the soda, lime juice and sugar, stirring just until the sugar is dissolved. Remove from the heat. Stir in the rum and lime zest.

Place a few mint leaves in each popsicle mold. Pour some of the mixture over the leaves, leaving about 1/2-inch of space at the top of each mold. Place the lid on each mold and fit each with a wooden stick.

Freeze until solid, three to four hours.

Remove the popsicles from the freezer. Run the molds briefly under warm water to loosen. Pull the popsicles from the molds. Wrap the popsicles in plastic wrap. Freeze if not serving immediately.

The frozen popsicles will keep one to two weeks.

Per Serving (excluding unknown items): 707 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 132g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 77mg Sodium. Exchanges: 9 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|--------|---------------------|-------|
| Calories (kcal): | 707 | Vitamin B6 (mg): | 0mg |
| % Calories from Fat: | 0.0% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 100.0% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 0.0% | Riboflavin B2 (mg): | trace |

Total Fat (g): 0g
Saturated Fat (g): 0g
Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): 0g
Cholesterol (mg): 0mg
Carbohydrate (g): 132g
Dietary Fiber (g): 0g
Protein (g): 0g
Sodium (mg): 77mg
Potassium (mg): 11mg
Calcium (mg): 19mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Folacin (mcg): 0mcg
Niacin (mg): 0mg
Caffeine (mg): 0mg
Alcohol (kcal): 196
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 9

Nutrition Facts

Amount Per Serving

Calories 707 Calories from Fat: 0

% Daily Values*

| | |
|---------------------------------|-----|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 77mg | 3% |
| Total Carbohydrates 132g | 44% |
| Dietary Fiber 0g | 0% |
| Protein 0g | |
| <hr/> | |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 2% |
| Iron | 1% |

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