

Neopolitan Pops

Our Best Recipes
Meredith Corporation

Yield: 16 pops

*15 chocolate sandwich cookies,
crushed*
3 tablespoons melted butter, cooled
*1/2 (1.75 quart carton) chocolate ice
cream, softened*
*1/2 (1.75 quart carton) vanilla ice
cream, softened*
1/2 cup strawberries, chopped
*1/2 (1.75 quart carton) strawberry
ice cream, softened*

Preparation Time: 20 minutes

Freeze Time: 6 hours

If desired, line a 9x9-inch or 8x8-inch square baking pan with waxed paper, extending the paper beyond the pan.

In a bowl, stir together the cookies and butter. Press into the pan. Freeze for 10 minutes.

Spread an even layer of chocolate ice cream over the cookie layer. Freeze for 15 minutes. Spread the vanilla ice cream. Freeze for 15 minutes.

Stir the strawberries into the strawberry ice cream. Spread in an even layer over the vanilla layer. Freeze for 15 minutes. Insert sixteen evenly spaced crafts sticks. Loosely cover with plastic wrap.

Freeze at least four hours for a nine-inch baking pan or at least five hours for an eight-inch baking pan, or until firm.

If using waxed paper, use the edges to lift the dessert from the pan.

Cut between the sticks into sixteen pops.

Per Serving (excluding unknown items): 3141 Calories; 175g Fat (48.3% calories from fat); 49g Protein; 372g Carbohydrate; 5g Dietary Fiber; 587mg Cholesterol; 1350mg Sodium. Exchanges: 1/2 Fruit; 34 1/2 Fat; 24 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	3141	Vitamin B6 (mg):	.6mg
% Calories from Fat:	48.3%	Vitamin B12 (mcg):	4.5mcg
% Calories from Carbohydrates:	45.6%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	3.0mg
Total Fat (g):	175g	Folacin (mcg):	167mcg
Saturated Fat (g):	110g	Niacin (mg):	2mg
Monounsaturated Fat (g):	51g	Caffeine (mg):	14mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	587mg	% Refused:	n n%
Carbohydrate (g):	372g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	0
Protein (g):	49g	Lean Meat:	0
Sodium (mg):	1350mg	Vegetable:	0
Potassium (mg):	3072mg	Fruit:	1/2
Calcium (mg):	1670mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	34 1/2
Zinc (mg):	7mg	Other Carbohydrates:	24 1/2
Vitamin C (mg):	83mg		
Vitamin A (i.u.):	6610IU		
Vitamin A (r.e.):	1798RE		

Nutrition Facts

Amount Per Serving

Calories 3141 **Calories from Fat:** 1518

% Daily Values*

Total Fat 175g	269%
Saturated Fat 110g	550%
Cholesterol 587mg	196%
Sodium 1350mg	56%
Total Carbohydrates 372g	124%
Dietary Fiber 5g	21%
Protein 49g	
Vitamin A	132%
Vitamin C	139%
Calcium	167%
Iron	32%

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