

# Orange Creamsicle Poptails

BakersRoyale  
www.EndlessSimmer.cot

1 pound (about 2 med-large) oranges,  
peeled  
1 1/2 cups vanilla ice cream  
5 ounces marshmallow vodka

Place the oranges, ice cream and vodka into a blender or food processor. Pulse until smooth.

Pour the mixture into a popsicle mold. Cover the top of the popsicle mold with foil. Cut a tiny hole in the center of each well. Insert a popsicle stick through the hole.

Place in a freezer until frozen.

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

*I skipped the sheathing or any swirling or layering finishing effect for a 1 bowl, 3 ingredient, simple-style poptail. I threw the chopped up Valencia oranges, vanilla ice cream and Marshmallow vodka all into a food processor bowl and pulse, whirl, pour - done. It's spot on like an orange creamsicle but with a heavy hint of booziness.*

---

Per Serving (excluding unknown items): 460 Calories; 22g Fat (41.3% calories from fat); 8g Protein; 62g Carbohydrate; 3g Dietary Fiber; 87mg Cholesterol; 158mg Sodium. Exchanges: 1 Fruit; 4 1/2 Fat; 3 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	460
% Calories from Fat:	41.3%
% Calories from Carbohydrates:	51.9%
% Calories from Protein:	6.8%
Total Fat (g):	22g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	87mg
Carbohydrate (g):	62g
Dietary Fiber (g):	3g
	8g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	50mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
	0
	1

Protein (g):  
Sodium (mg): 158mg  
Potassium (mg): 631mg  
Calcium (mg): 306mg  
Iron (mg): trace  
Zinc (mg): 1mg  
Vitamin C (mg): 71mg  
Vitamin A (i.u.): 1078IU  
Vitamin A (r.e.): 259RE

Lean Meat:  
Vegetable: 0  
Fruit: 1  
Non-Fat Milk: 0  
Fat: 4 1/2  
Other Carbohydrates: 3

## Nutrition Facts

---

### Amount Per Serving

Calories 460                      Calories from Fat: 190

---

### % Daily Values\*

<b>Total Fat</b> 22g	34%
Saturated Fat 13g	67%
<b>Cholesterol</b> 87mg	29%
<b>Sodium</b> 158mg	7%
<b>Total Carbohydrates</b> 62g	21%
Dietary Fiber 3g	13%
<b>Protein</b> 8g	
<hr/>	
<b>Vitamin A</b>	22%
<b>Vitamin C</b>	118%
<b>Calcium</b>	31%
<b>Iron</b>	2%

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