

# Patriotic Ice Pops

Anna Helm Baxter - Women's Day Test Kitchen  
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## Servings: 10

1 pint blueberries  
1 quart vanilla ice cream, slightly softened  
2 pints red raspberry sorbet, slightly softened  
star sprinkles  
10 large wooden craft sticks

Line a 10x5-inch loaf pan with parchment paper so the paper overhangs on all four sides. Scatter the blueberries evenly into the bottom of the pan.

Using an electric mixer, beat the ice cream in a large bowl until just smooth. Spread on top of the blueberries. Place the pan in the freezer.

In a second large bowl, beat the sorbet until just smooth. Spread on top of the ice cream layer. Top with sprinkles, if using. Push ten craft sticks three-quarters of the way to the bottom, spacing them evenly down the center of the loaf pan. Freeze until firm, at least eight hours.

When ready to serve, use the parchment overhangs to remove from the pan. Peel away the parchment and cut between the craft sticks.

Start to Finish Time: 15 minutes

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Per Serving (excluding unknown items): 122 Calories; 6g Fat (41.7% calories from fat); 2g Protein; 17g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 44mg Sodium. Exchanges: 1/2 Fruit; 1 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	trace
% Calories from Fat:	41.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	51.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 6g  
**Saturated Fat (g):** 4g  
**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 23mg  
**Carbohydrate (g):** 17g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 2g  
**Sodium (mg):** 44mg  
**Potassium (mg):** 131mg  
**Calcium (mg):** 69mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 245IU  
**Vitamin A (r.e.):** 64 1/2RE

**Folacin (mcg):** 4mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

**Food Exchanges**

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

**Nutrition Facts**

Servings per Recipe: 10

**Amount Per Serving**

**Calories** 122 Calories from Fat: 51

**% Daily Values\***

<b>Total Fat</b> 6g	9%
Saturated Fat 4g	19%
<b>Cholesterol</b> 23mg	8%
<b>Sodium</b> 44mg	2%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 1g	3%
<b>Protein</b> 2g	
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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	7%
<b>Calcium</b>	7%
<b>Iron</b>	0%

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