

Raspberry and Lime Ice pops

Lee Svitak Dean - Minneapolis Star Tribune
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Servings: 8

1 cup sugar
zest of one lime, finely grated
1 1/4 cups water, divided
4 cups raspberries, rinsed
2 to 3 tablespoons freshly squeezed
lime juice

In a small saucepan, place the sugar, lime zest and a scant one-half cup of water. Bring to a simmer. Simmer until the sugar is dissolved.

Put the raspberries in a food processor with the lime syrup and the remaining 3/4 cup of water. Blend to a puree'. Add two tablespoons of lime juice. Taste to see if it is sharp enough. If not, add a little more to achieve an equal balance of sweet and sharp.

Pour the mixture into the ice pop molds, leaving 1/4-inch at the top to let the mixture expand when it freezes.

Insert the ice pop sticks and freeze.

This version contains the seeds of the raspberries. If you prefer a smoother texture, put the mixture through a fine strainer before pouring into the molds.

Per Serving (excluding unknown items): 128 Calories; trace Fat (2.2% calories from fat); 1g Protein; 32g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	128	Vitamin B6 (mg):	trace
% Calories from Fat:	2.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	16mcg
Saturated Fat (g):	0g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	32g
Dietary Fiber (g):	4g
Protein (g):	1g
Sodium (mg):	1mg
Potassium (mg):	97mg
Calcium (mg):	15mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	16mg
Vitamin A (i.u.):	82IU
Vitamin A (r.e.):	8RE

% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 128 **Calories from Fat:** 3

% Daily Values*

Total Fat trace	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 32g	11%
Dietary Fiber 4g	17%
Protein 1g	
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Vitamin A	2%
Vitamin C	26%
Calcium	1%
Iron	2%

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