

# Creamy Orange Pops

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## Yield: 10 pops

*1 cup orange juice concentrate, thawed*

*1/3 cup sugar*

*2 cups full-fat plain yogurt*

*2 teaspoons pure vanilla extract*

In a small saucepan, combine the juice concentrate and sugar over medium-low.

Cook, stirring, until the sugar is dissolved, 3 minutes.

Stir in the yogurt and vanilla.

Transfer to a large measuring cup. Pour into ten three-ounce ice-pop molds.

Insert the ice-pop sticks.

Freeze until the pops are solid, about six hours (or up to one week).

When serving, briefly run the molds under hot water to release the pops.

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Per Serving (excluding unknown items): 255 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 66g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 4 1/2 Other Carbohydrates.

Dessert

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	255	<b>Vitamin B6 (mg):</b>	0mg
<b>% Calories from Fat:</b>	0.0%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	100.0%	<b>Thiamin B1 (mg):</b>	0mg
<b>% Calories from Protein:</b>	0.0%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	0g	<b>Folacin (mcg):</b>	0mcg
<b>Saturated Fat (g):</b>	0g	<b>Niacin (mg):</b>	0mg
<b>Monounsaturated Fat (g):</b>	0g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 0g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 66g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 0g  
**Sodium (mg):** 1mg  
**Potassium (mg):** 1mg  
**Calcium (mg):** 1mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Alcohol (kcal):** 0  
**% Refuse:** 00%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 4 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 255 Calories from Fat: 0

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### % Daily Values\*

<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	1mg		0%
<b>Total Carbohydrates</b>	66g		22%
Dietary Fiber	0g		0%
<b>Protein</b>	0g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			0%
<b>Iron</b>			0%

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