

Key Lime Ice Pops

Anna Helm Baxter - Women's Day Test Kitchen
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Servings: 12

6 graham crackers
1/4 cup (one stick) unsalted butter,
melted
1/2 package (4 ounces) cream cheese,
room temperature
1/2 cup sweetened condensed milk
1 teaspoon lime zest finely grated
1/4 cup fresh lime juice
1 cup heavy cream, very cold
12 three-ounce paper cups
12 wooden craft sticks

In the bowl of a food processor, pulse the graham crackers to form fine crumbs. Add the butter and pulse to combine.

In the large bowl of an electric mixer, using the whisk attachment, beat the cream cheese on low speed until smooth. With the mixer running, gradually add the condensed milk, then the lime zest and lime juice.

Add the cream, then increase the speed until the mixture is thick and soft peaks form, 3 to 4 minutes. Divide among the cups (about five tablespoons per cup). Top with the graham cracker mixture and lightly press down to flatten.

Transfer the cups to a small rimmed baking sheet. Push a craft stick halfway down into each cup. Freeze until firm, at least six hours.

When ready to serve, peel the cups away from the pops.

Start to Finish Time: 20 minutes

For a chocolate option, substitute 16 chocolate wafer cookies for the graham crackers.

Per Serving (excluding unknown items): 176 Calories; 14g Fat (70.4% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 74mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	176	Vitamin B6 (mg):	trace
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% Calories from Fat: 70.4%
 % Calories from Carbohydrates: 24.2%
 % Calories from Protein: 5.4%
 Total Fat (g): 14g
 Saturated Fat (g): 9g
 Monounsaturated Fat (g): 4g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 47mg
 Carbohydrate (g): 11g
 Dietary Fiber (g): trace
 Protein (g): 2g
 Sodium (mg): 74mg
 Potassium (mg): 85mg
 Calcium (mg): 59mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 544IU
 Vitamin A (r.e.): 155 1/2RE

Vitamin B12 (mcg): .1mcg
 Thiamin B1 (mg): trace
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 6mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 176 Calories from Fat: 124

% Daily Values*

Total Fat	14g	22%
Saturated Fat	9g	43%
Cholesterol	47mg	16%
Sodium	74mg	3%
Total Carbohydrates	11g	4%
Dietary Fiber	trace	0%
Protein	2g	
Vitamin A		11%
Vitamin C		3%
Calcium		6%
Iron		2%

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