

# Melon Bomb Pops

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## Servings: 12

1/2 cup sugar  
1/2 cup water  
2 tablespoons lemon juice  
2 1/2 cups diced cantaloupe  
2 1/2 cups diced seedless watermelon  
2 1/2 cups honeydew melon  
12 rocket pop molds or three-ounce  
disposable plastic cups.

## Preparation Time: 30 minutes

### Freeze Time: 2 hours

In a small saucepan, stir together the sugar and water. Bring to a simmer and stir until the sugar is dissolved. Cool and stir in the lemon juice.

Place the canteloupe in a food processor. Add one-third of the simple syrup. Process until smooth. Spoon 1-1/2 tablespoons of the puree' into twelve rocket pop molds or plastic cups. Freeze for one hour or until the top starts to set.

Process the watermelon with another third of the simple syrup. Spoon 1-1/2 tablespoons of the puree' into each pop mold. Freeze for one hour.

Repeat with the honeydew melon and remaining third of the simple syrup. Insert the handles into each mold (or popsicle sticks into the plastic cups). Freeze overnight.

To serve: run under warm water for a few seconds and slide each pop out of its mold.

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Per Serving (excluding unknown items): 45 Calories; trace Fat (0.7% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	45	Vitamin B6 (mg):	trace
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**% Calories from Fat:** 0.7%  
**% Calories from Carbohydrates:** 97.9%  
**% Calories from Protein:** 1.4%  
**Total Fat (g):** trace  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 12g  
**Dietary Fiber (g):** trace  
**Protein (g):** trace  
**Sodium (mg):** 4mg  
**Potassium (mg):** 99mg  
**Calcium (mg):** 3mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 10mg  
**Vitamin A (i.u.):** 15IU  
**Vitamin A (r.e.):** 1 1/2RE

**Vitamin B12 (mcg):** 0mcg  
**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 2mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0.0%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 45 **Calories from Fat:** 0

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#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	12g	4%
	Dietary Fiber trace	1%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		16%
<b>Calcium</b>		0%
<b>Iron</b>		0%

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