



## Black and Tan Beer Pops

READY IN



700 min.

SERVINGS



14

CALORIES



223 kcal

DESSERT

### Ingredients

- 0.7 cup condensed milk sweetened (half of a 14-oz can)
- 0.3 cup ale cold
- 1.5 teaspoons vanilla
- 1 cup whipping cream
- 0.7 cup condensed milk sweetened (half of a 14-oz can)
- 0.3 cup porter cold
- 2 tablespoons chocolate syrup
- 1.5 teaspoons vanilla
- 1 cup whipping cream

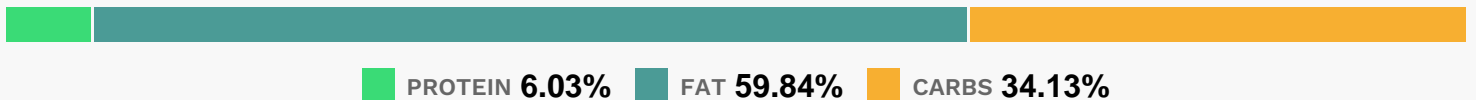
## Equipment

- bowl
- hand mixer
- aluminum foil

## Directions

- To make tan layer, in medium bowl, stir together 2/3 cup condensed milk, the brown ale beer and 1 1/2 teaspoons vanilla until well mixed.
- In chilled medium bowl, beat 1 cup whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream into condensed milk mixture. Divide mixture among fourteen 5-oz paper cups (about 1/4 cup each). Cover with foil; insert craft stick (flat wooden stick with round ends) through foil into center of pop. Freeze 3 to 4 hours or until frozen.
- When first layer is frozen, make black layer. To make black layer, in medium bowl, stir together 2/3 cup condensed milk, the stout beer, chocolate syrup and 1 1/2 teaspoons vanilla until well mixed.
- In chilled medium bowl, beat 1 cup whipping cream with electric mixer on high speed until stiff peaks form. Fold whipped cream into condensed milk mixture.
- Remove foil from pops.
- Pour mixture over frozen layer. Return foil to pops to help support sticks. Freeze about 8 hours or until frozen before serving. Store remaining pops covered in freezer.

## Nutrition Facts



## Properties

Glycemic Index:11.61, Glycemic Load:9.73, Inflammation Score:-4, Nutrition Score:3.6556521887365%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

## Nutrients (% of daily need)

Calories: 222.85kcal (11.14%), Fat: 14.84g (22.83%), Saturated Fat: 9.43g (58.97%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 18.98g (6.9%), Sugar: 18.37g (20.42%), Cholesterol: 48.33mg (16.11%), Sodium: 48.49mg (2.11%), Alcohol: 0.46g (100%), Alcohol %: 0.77% (100%), Protein: 3.36g (6.73%), Vitamin A: 577.61IU (11.55%), Vitamin B2: 0.19mg (11.09%), Calcium: 105.87mg (10.59%), Phosphorus: 97.78mg (9.78%), Selenium: 5.4µg (7.71%), Potassium: 149.23mg (4.26%), Vitamin D: 0.6µg (4.02%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.18µg (3.06%), Magnesium: 12.17mg (3.04%), Zinc: 0.38mg (2.52%), Vitamin E: 0.36mg (2.4%), Vitamin B1: 0.03mg (2.24%), Vitamin B6: 0.03mg (1.45%), Folate: 4.88µg (1.22%), Vitamin K: 1.28µg (1.22%), Copper: 0.02mg (1.18%), Vitamin C: 0.97mg (1.17%)