



Black and Tan Beer Pops

 Vegetarian

READY IN



700 min.

SERVINGS



14

CALORIES



108 kcal

Ingredients

- 0.3 cup ale cold
- 0.7 cup condensed milk sweetened (half of a 14-oz can)
- 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

  
 **PROTEIN 6.15%**  **FAT 61.87%**  **CARBS 31.98%**

Properties

Glycemic Index:7.25, Glycemic Load:4.9, Inflammation Score:-2, Nutrition Score:1.7682608926426%

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: 107.62kcal (5.38%), Fat: 7.41g (11.39%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 8.61g (3.13%), Sugar: 8.48g (9.42%), Cholesterol: 24.16mg (8.05%), Sodium: 23.3mg (1.01%), Alcohol: 0.31g (100%), Alcohol %: 1.09% (100%), Protein: 1.65g (3.31%), Vitamin A: 288.81IU (5.78%), Vitamin B2: 0.09mg (5.53%), Calcium: 52.82mg (5.28%), Phosphorus: 47.34mg (4.73%), Selenium: 2.69µg (3.85%), Potassium: 71.98mg (2.06%), Vitamin D: 0.3µg (2.01%), Vitamin B5: 0.15mg (1.55%), Vitamin B12: 0.09µg (1.54%), Magnesium: 5.28mg (1.32%), Vitamin E: 0.18mg (1.2%), Zinc: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.12%)