



"Candy Corn" Frozen Citrus Cream Pops



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



12

CALORIES



284 kcal

Ingredients

- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 0.3 cup juice of lemon fresh juicy divided (from 2 lemons)
- ☐ 1 teaspoon lemon zest fresh grated
- ☐ 0.3 cup orange juice fresh (from two small oranges)
- ☐ 1 teaspoon orange zest fresh grated
- ☐ 9 drops food coloring red (see Cooks' Notes)
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 36 drops food coloring yellow divided (see Cooks' Notes)

Equipment

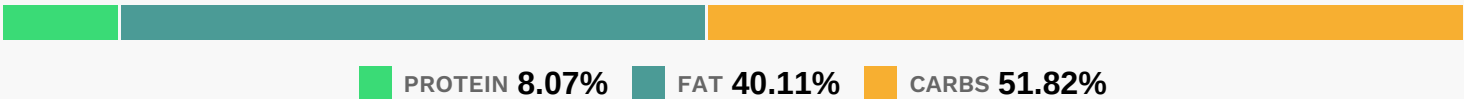
- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Put one can of milk in each of 2 bowls, then whisk lemon zest, 1/3 cup lemon juice, and 18 drops yellow food coloring into one bowl.
- ☐ Whisk orange zest, orange juice, 2 tablespoons lemon juice, and remaining 18 drops yellow and 9 drops red food coloring into second bowl.
- ☐ Beat cream in another bowl with an electric mixer until it just holds stiff peaks, then gently fold half of cream into each condensed milk mixture.
- ☐ Divide orange mixture among the molds, about 2 1/2 tablespoons per mold, then freeze until firm, at least 30 minutes.
- ☐ Divide lemon mixture among molds, about 2 1/2 tablespoons per mold.
- ☐ Place cover on molds and insert sticks, making sure they are straight (important for removing top when unmolding). Freeze until completely firm, at least 8 hours.
- ☐ If using a multiple-pop mold, partially submerge up to 1/4 inch from top of mold in a large bowl or sink of room-temperature water for 30 seconds.
- ☐ Remove mold from water, then remove cover and pull out pops.
- ☐ If using individual molds, run hot water over them for about 5 seconds, then let stand 30 seconds and remove cover.
- ☐ In either case, serve immediately or wrap individually in plastic wrap and freeze until ready to serve.
- ☐ •Brands of liquid food coloring vary in their intensity, so the number of drops you'll need to achieve the color you want may take more than what's listed in the recipe. Gina Marie Miraglia Eriquez, who developed the recipe, got great color with the number of drops listed in the recipe, but Paul Grimes, the food stylist, who used another brand, needed 36 drops of yellow for the lemon and 72 drops of yellow along with 36 drops of red food coloring to achieve his neon colors. •Ice pops can be made 1 week ahead. Unmold when frozen hard and wrap each pop individually in plastic wrap. •Two mothers were involved in the development and cross-test of this recipe, and both highly recommend making frozen pops ahead of time for a party and wrapping them in plastic wrap, so that the pops are all set to be handed out. It's much

better than having a bunch of kids standing around, anxiously waiting for you to unmold them!

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:22.22, Inflammation Score:-4, Nutrition Score:5.98999999952835%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 283.83kcal (14.19%), Fat: 12.94g (19.91%), Saturated Fat: 8.2g (51.23%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 37.56g (13.66%), Sugar: 37.18g (41.31%), Cholesterol: 44.9mg (14.97%), Sodium: 89.5mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Calcium: 202.42mg (20.24%), Vitamin B2: 0.32mg (18.55%), Phosphorus: 180.34mg (18.03%), Selenium: 10.4µg (14.86%), Vitamin A: 479.69IU (9.59%), Vitamin C: 7.49mg (9.07%), Potassium: 282.19mg (8.06%), Vitamin B5: 0.57mg (5.67%), Vitamin B12: 0.32µg (5.38%), Magnesium: 19.62mg (4.91%), Vitamin B1: 0.07mg (4.67%), Zinc: 0.68mg (4.51%), Vitamin D: 0.45µg (3%), Folate: 11.05µg (2.76%), Vitamin B6: 0.05mg (2.32%), Vitamin E: 0.3mg (2.01%)