



Colombian-Style Coconut Popsicles (Paletas de Coco)



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

SIDE DISH

Ingredients

- ☐ 13.5 oz coconut milk canned
- ☐ 13.5 oz condensed milk canned
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup milk
- ☐ 0.8 cup coconut or unsweetened
- ☐ 0.3 teaspoon vanilla extract

Equipment

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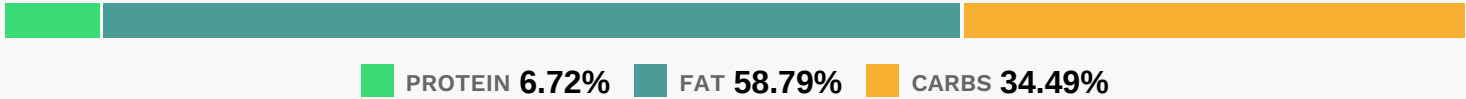
blender

Directions

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Place all the ingredients in a blender and blend until smooth.Divide evenly into ice pops molds. Seal and freeze until ready, about 4 hours.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:21.53, Inflammation Score:-4, Nutrition Score:11.251739079538%

Nutrients (% of daily need)

Calories: 467.98kcal (23.4%), Fat: 31.82g (48.95%), Saturated Fat: 25.7g (160.62%), Carbohydrates: 42g (14%), Net Carbohydrates: 38.86g (14.13%), Sugar: 38.9g (43.22%), Cholesterol: 35.33mg (11.78%), Sodium: 104.93mg (4.56%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 8.19g (16.37%), Manganese: 0.88mg (44.05%), Phosphorus: 273.35mg (27.34%), Selenium: 16.04µg (22.92%), Calcium: 225.7mg (22.57%), Vitamin B2: 0.32mg (18.99%), Potassium: 502.27mg (14.35%), Copper: 0.27mg (13.26%), Magnesium: 52.9mg (13.23%), Fiber: 3.14g (12.54%), Zinc: 1.35mg (8.99%), Iron: 1.53mg (8.5%), Vitamin B5: 0.78mg (7.81%), Vitamin A: 349.02IU (6.98%), Vitamin B12: 0.41µg (6.77%), Vitamin B1: 0.09mg (6.25%), Vitamin B6: 0.1mg (5.07%), Folate: 18.58µg (4.64%), Vitamin C: 3.66mg (4.44%), Vitamin B3: 0.71mg (3.56%), Vitamin D: 0.51µg (3.4%), Vitamin E: 0.35mg (2.31%)