



## Creamsicle Twang

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

## Ingredients

- ☐ 1.3 cups buttermilk low-fat divided
- ☐ 6 ounce orange juice concentrate undiluted divided thawed canned
- ☐ 0.8 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.8 cup water

## Equipment

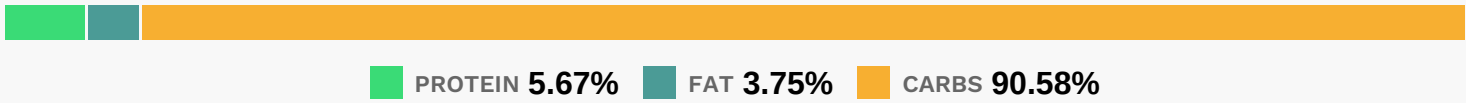
- ☐ bowl
- ☐ sauce pan

☐ whisk

Directions

- ☐ Combine sugar and water in a small saucepan; bring to a boil, stirring constantly. Boil 30 seconds, remove sugar syrup from heat, and let cool 5 minutes.
- ☐ Mix 1/4 cup buttermilk and 1/4 cup sugar syrup in small bowl.
- ☐ Pour equal amounts of buttermilk mixture into 8 pop molds.
- ☐ Place molds at an angle (try tilting them in a large plastic container); freeze 1 1/2 hours.
- ☐ Whisk together remaining 1 cup buttermilk, remaining sugar syrup, vanilla, and all but 2 tablespoons orange juice concentrate (reserve for last step).
- ☐ Remove molds from the freezer, and add the juice mixture and pop sticks; freeze 1 1/2 hours.
- ☐ Remove molds from the freezer, and distribute reserved 2 tablespoons orange juice concentrate among the pops; freeze 30 minutes or until firm.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-2, Nutrition Score:3.8378260676628%

Nutrients (% of daily need)

Calories: 119.02kcal (5.95%), Fat: 0.51g (0.79%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 27.76g (10.09%), Sugar: 26.84g (29.82%), Cholesterol: 1.5mg (0.5%), Sodium: 58.3mg (2.53%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 1.75g (3.5%), Vitamin C: 31.21mg (37.82%), Vitamin B2: 0.1mg (5.8%), Potassium: 190.92mg (5.45%), Calcium: 52.45mg (5.24%), Vitamin B1: 0.07mg (4.75%), Phosphorus: 46.35mg (4.64%), Folate: 18.25µg (4.56%), Vitamin B6: 0.07mg (3.4%), Magnesium: 11.8mg (2.95%), Vitamin B5: 0.22mg (2.22%), Vitamin A: 98.21IU (1.96%), Vitamin B12: 0.08µg (1.38%), Selenium: 0.95µg (1.35%), Zinc: 0.2mg (1.3%), Vitamin B3: 0.25mg (1.27%), Copper: 0.02mg (1.08%)